

# CARIBBEAN

## Roundtrip: Orlando on Norwegian's Prima

With 12 Stop Meetings, Workshops, & Great Guest Speakers

**TRAVEL**  
**SOBER**  
The Journey Begins



## FEBRUARY 22-MARCH 1, 2026

**Great Prices Starting at: \$1080**

per person, based on double occupancy

**\$250 Cruise Deposit**

(discounts available through CRUISEFIRST/CRUISENEXT)

**\$275 Non-Refundable Admin Fee**

per person due at time of booking

**GUEST SPEAKER: Dr. Judi Hollis**

Pre-cruise options to Cape Canaveral  
and Disney World



**NCL** **NORWEGIAN**  
CRUISE LINE®

**BOOK NOW:**  
[travelsober.com](http://travelsober.com)

**(805) 927-6910**  
[inthislife@aol.com](mailto:inthislife@aol.com)

**TRAVEL**  
**SOBER**  
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## TRAVEL SOBER PRICES:

Inside \$1080

Oceanview \$1263

Balcony \$1425

## NORWEGIAN PRICES:

Inside \$1103

Oceanview \$1263

Balcony \$1543

**\$250 cruise deposit AND  
\$275 non-refundable administrative fee  
per person are due at time of booking**



### ABOUT THE ITINERARY

Go snorkeling, parasailing or kayaking, or relax in a private beachfront cabana. While in Ocho Rios, make the exhilarating climb up the limestone-terraced steps of Dunn's River Falls, 600 feet of beautiful cascades and pools surrounded by lush Jamaican rainforest. Then head to Cozumel on the coast of Mexico's beautiful Yucatán Peninsula. Dive fabulous reefs, explore the jungle in an ATV, relax poolside at a beach club, or visit an ancient Mayan temple.

### ABOUT OUR GUEST SPEAKER:

**Dr. Judi Hollis** is a licensed family therapist and bestselling author known for pioneering work in eating disorder treatment. She's been featured on *Oprah*, *CNN*, and *Inside Edition*, and her programs have been ranked number one in popular publications. Dr. Hollis has written the best seller *Fat Is a Family Affair* along with many others like *From Bagels to Buddha*. She continues to lead workshops globally for professionals and the recovery community. In 2009 she was honored with a star on the Palm Springs Walk of Stars and in 2025, she partnered with USC's Keck School of Medicine to launch the Judi Hollis Obesity Prevention Symposium. She continues writing books, podcasts, and storytelling projects along with leading retreats on cruises. Learn more at [JudiHollis.com](http://JudiHollis.com).



DATE	PORT	ARRIVE	DEPART
SU 2/22	Orlando (Port Canaveral)		6:00 pm
M 2/23	Great Stirrup Cay, Bahamas	8:00 am	5:00 pm
TU 2/24	At Sea		
W 2/25	Ocho Rios, Jamaica	7:00 am	4:00 pm
TH 2/26	George Town, Grand Cayman	7:00 am	4:00 pm
F 2/27	Cozumel, Mexico	10:00 am	6:30 pm
SA 2/28	At Sea		
SU 3/1	Orlando (Port Canaveral)	6:00 am	

### ABOUT IN THIS LIFE/TRAVEL SOBER

We have been privileged to provide sober travelers a safe place to enjoy each other's company, experience great speakers and workshop leaders while enjoying all the benefits of cruise and land vacations with like-minded people.