

SECOND STAGE RECOVERY

Roundtrip: Boston on the Norwegian Breakaway

With Tennie McCarty & Dr. Judi Hollis



OCTOBER 17-24, 2027

Great Prices Starting at: \$962

per person, based on double occupancy

Cruise Deposit –

ask for info on free double cruise deposit

from \$150-\$250

\$295 Non-Refundable Admin Fee

per person due at time of booking

Pre-cruise options in NYC with a visit to Stepping Stones
(home of Bill & Lois)

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Inside \$962 Oceanview \$1190
Balcony \$1560 Mini Suites \$1674

all prices are per person double occupancy

DUE at time of booking (per person):

Cruise Deposit –

**ask for info on free double cruise deposit
from \$150-\$250**

\$295 Non-Refundable Admin Fee



ABOUT OUR ITINERARY:

Set sail from Boston aboard the Norwegian Breakaway for a seven-night Canada & New England escape, pairing crisp coastal scenery with unforgettable maritime culture. Discover the small-town charm and dramatic shoreline of Eastport, experience the dramatic tides and coastal character of Saint John, take in Sydney's Cape Breton character, explore Halifax's historic waterfront and Citadel, then finish with Portland's iconic lighthouses, lively Old Port, and classic Maine lobster. With sea days to unwind between discoveries, this round-trip voyage is an easy, elegant way to experience autumn at its most colorful.

ABOUT OUR GUEST SPEAKERS:

TENNIE MCCARTY is one of our favorite presenters. She is a member of several programs, including AA, ACA, OA, and more. Tennie is one of the foremost experts in treating addiction to behaviors and substance, food. She is the author of *Shades of Hope: A Program to Stop Dieting and Start Living* and have been featured on Oprah Winfrey Network's series "Addicted to Food."

DR. JUDI HOLLIS is a licensed family therapist and bestselling author known for pioneering work in eating disorder treatment. 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 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.

DATE	PORT	ARRIVE	DEPART
DAY 1 SU 10/17	Boston, Massachusetts		4:00 pm
DAY 2 M 10/18	At Sea		
DAY 3 TU 10/19	Eastport, Maine	7:00 am	5:00 pm
DAY 4 W 10/20	Saint John (Bay of Fundy), New Brunswick	6:00 am	5:00 pm
DAY 5 TH 10/21	At Sea		
DAY 6 F 10/22	Halifax, Nova Scotia	7:00 am	4:00 pm
DAY 7 SA 10/23	Portland, Maine	10:00 am	8:00 pm
DAY 8 SU 10/24	Boston, Massachusetts	8:00 am	

ABOUT 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.

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