

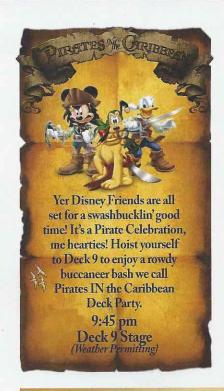


Adaya Viera

Human Resources Manager Joined Disney Cruise Line: 2012 Hometown: Havana, Cuba

Favorite Character: Stitch

Adaya began her career with The Walt Disney Company in 1998 and held several roles including Training and Development Consultant with the Disney University until 2007. Prior to joining Disney Cruise Line, Adaya was a Human Resources Manager with Florida Hospital Celebration Health.



Good Morning Disney Wonder

tudio Sea, Deck 4, Midship - 8:30 am

Get your day started with your Cruise Director and Special Guest, to find out what exciting events are happening around the ship today! Come sit in the audience and be a part of the live broadcast or watch live on channel 25-8 and on Funnel Vision.

The Panama Canal into the 21st Century featuring Captain Ken Puckett

luena Vista Theatre, Deck 5, Aft - 9:15 am & 10:30 am Captain Puckett will discuss the reasons why the US

turned the Canal operation over to Panama, the changes that have occurred since the turnover and the impact the New Canal will have on US and world commerce. Shown Continuously on Channel 22-4.

Disney's Art of Entertaining: Pork and Cannellini Bean Cassoulet (18+)

Studio Sea, Deck 4, Midship

Join our Guest Chef, Axel Martinez, as he shows you how to prepare Pork and Cannellini Bean Cassoulet. Join us for an entertaining look at preparing this specialty. Recipes and tastings included.

A Pirate's Life For Me

Studio Sea, Deck 4, Midship - 7:30 pm
Calling all Pirates, we be! If ye have an adventurous spirit or pirate savvy, come spin the "Wheel of Destiny" fer a treasure trove of fun be ripe for the takin' in this action packed pirate game show.



Book your next Disney Vacation Today!

If you're thinking about booking a future Disney cruise or Adventures by Disney trip, find out how to save with special offers only available onboard! Don't miss this opportunity to plan your next Disney vacation. Visit the Disney Vacation Planning Desk on Deck 4, Midship, for more information.

Animator's Palate: Pirates Parrot Cay: Pirates Triton's : Pirates

Sunken Treasure (Alcoholic) Parrot Song (Non-Alcoholic) IMPORTANT NUMBERS

Fire/Security: 7-3001 7-3000 Medical Emergency: 7-1923 Health Center:

ADULT ACTIVITY HIGHLIGHTS

VISTA SPA FITNESS CLASSES & SEMINARS

JUSTA SPAFITNESS CLASSES & SEMINARS

JUSTA SPAFITNESS CLASSES & SEMINARS

JUSTA SPAFITNESS CENTER - 7:00 am

JUSTA SPAFITNESS CENTER - 7:30 am

JUSTA SPAFITNESS CENTER - 8:00 am

JUSTA SPAFITNESS CENTER - 9:00 pm

JUSTA SPAFITNESS CENTER - 2:00 pm

JUSTA SPAFITNESS CENTER - 4:00 pm

JUSTA SPAFITNESS CENTER - 4:00 pm

JUSTA SPAFITNESS CENTER - 4:00 pm Voya - Vista Spa Fitness Center - 4:00 pm



TASTING CLASSES

Thornton CLASSES

Localete & Liquer Lasting (21+) - Cadillac Lounge - 11:45 am

Meer Lasting (21+) - Diversions - 1:30 pm

Miscology (21+) - Cadillac Lounge - 4:00 pm

Please make reservations for tastings at Guest Services for a nominal fee.

Tasting Seminars are only for Guests 21 and older.



1820 SOCIETY: SMOOTHIE TIME

Outlook Cafe, Deck 10, Midship - 5:00 pm Join us for some smoothies.

1820 SOCIETY: GAME CHALLENGE

Cove Cafe, Deck 9, Midship - 9:30 pm Society members unite as a team for this interactive game.

(For Guests aged 18 to 20 years old.)

CHEESE APPRECIATION

Come and taste a variety of cheeses.

SOPHIA FIORI ALEXANDRITE SEMINAR

Join Sophia Fiori representatives today, for the Alexandrite Seminar.

POOL GAMES

l, Deck 9, Midship - 1:45 pm Enjoy some friendly competition at the pool.

LIVE MUSIC WITH FIRELITES

Deck 9, Midship - 1:45 pm, 2:45 pm & 10:15 pm Join FireLites as they play live tonight for your listening pleasure.

ck 3, Forward - 3:15 pm

Think you have the best team to win? Come and join your Cruise Staff team for this fun team trivia.



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TODDLER TIME FOR FAMILIES

Oceaneer Club, Deck 5, Midship - 9:00 am & 6:00 pm A time for Toddlers and their families to explore and play together.

WONDER HUNT

Promenade Lounge, Deck 3, Aft - 10:30 am
Join us for this fast-paced scavenger hunt throughout the ship. Don't forget to bring your wave phones!

AUTOGRAPH SESSION WITH KISSY SIMMONS

Join Kissy Simmons, who for 9 years starred as Nala in Disney's The Lion King on Broadway, on National Tour, and in Las Vegas, for an exclusive autograph session.



FINAL DISNEY WONDER HORSE DERBY CHECK IN

romenade Lounge, Deck 3, .

It is your final opportunity to collect supplies or sign up for our "Disney Wonder Horse Derby"! It will take imagination and creativity to be part of this challenge and race your horse in our "Disney Wonder Horse Derby later in the cruise!



RUMBA WITH CHRISTOPHER BEROIZ AND SHARON SAVOY

Join Christopher Beroiz and Sharon Savoy, our ballroom dance duo, as they teach you how to Rumba.

ICE CARVING

Deck 9 Stage, Deck 9, Midship - 1:30 pm

Amazed by those ice sculptures you find around the ship? See how our Master Carver chisels up a work of art in record time.



WaveBands, Deck 3, Forward - 2:15 pm

Don't eat your vegetables... race them in this wild and wacky charge to the finish line. May the best veggie win! (Limited Availability)



CHIP-IT GOLF (12+)

Lobby Atrium, Deck 3, Midship - 2:30 pm It's par for the course for our Guests 12 and older to compete on our special "greens" in this fun tournament.



\$7,000 MEGA JACKPOT BINGO

Bingo Pre-Sales start at 3:45 pm WaveBands, Deck 3, Forward - 4:00 pm

Don't miss your chance to take home big money! 4 CASH prize games and great raffle prizes to be won! Complete the fourth game in 46 numbers or less and win the \$7,000 Mega Jackpot! Pre-Sales start 15 minutes prior to game.



LIVE GUITAR WITH RODRIGO FIGUEROA

Join Rodrigo Figueroa, a Chilean guitar virtuoso, as he plays live for your listening pleasure.

WONDER QUEST

ck 3. Forward - 7:30 pm

Enjoy the wildest and wackiest scavenger team event on the seven seas!

CLUB PIRATE WITH CLUB DJ

Join your Pirate friends for a post Bucaneer Blast dancing session with your Cruise Staff DJ.

AONLH UCLIAILIER HICHRICHLE

A convenience for families dining at 8:15 pm, our Youth Activities counselors will be available at 9:15 pm at the entrance of Triton's, Parrot Cay and Animator's Palate dining rooms to bring registered children to join the fun in Disney's Oceaneer Club and Disney's Oceaneer Lab.



Deck 5, Aft (7-18500)

9:00 am - 11:00 pm

Infants and Toddlers can enjoy toys and activities at Flounder's Reef Nursery. Reservations are first come, first served so please stop by!



Deck 5, Midship (7-1440) (3 - 12 years old)

9:00 am - 12:00 am

JAKE AND THE NEVERLAND PIRATES

Join us for a journey to Neverland, all you need is Faith, Trust and Pixie Dust.

SO YOU WANT TO BE A PIRATE?

Have you learned about life on the high seas? Do you have what it takes to be a pirate? Join Captain Hook and friends to find out!



Deck 5, Midship (7-1445) (3 - 12 years old)

9:00 am - 10:30 pm

ANIMATION ANTICS

Learn simple animation techniques and then put your new skills to use by drawing some of your favorite Disney Characters.

RATATOUILLE COOKING SCHOOL

Join our Ratatouille Cooking School for baking fun! Make new friends and bake your own Chocolate Chip Cookies!



Deck 2, Midship (7-5810) (11 - 14 years old)

10:00 am - 12:00 am

THAT'S HILARIOUS

Ever wanted to show off your comedy skills? Then be a part of the cast for the crazy improv show "That's Hilarious" and put on a live show for your friends.



Deck 11, Midship (7-1456) (14 - 17 years old)

10:30 am - 1:00 am

PARTY IN PARADISE

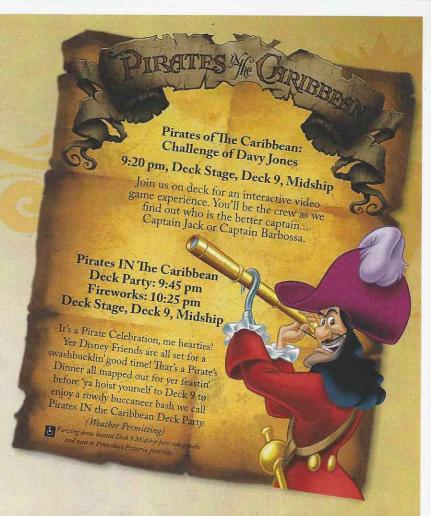
Ready for a night to remember? Join your fellow cruisers for an awesome dance party that is sure to be night you won't forget!

YOUTH ACTIVITIES OPEN HOUSE

Open House is an opportunity for all to come and participate in a variety of exciting activities and free time in the Oceaneer Club, Oceaneer Lab, Flounder's Reef Nursery, Vibe and Edge throughout the cruise. During these times secured programming will still be offered in the other venue for those looking to check their children into care.

Disney's Oceaneer Club: 9:00 am - 1:30 pm & 5:00 pm - 7:00 pm

Edge: 10:00 am - 12:00 pm & 6:00 pm - 8:00 pm Vibe: 10:30 am - 12:00 pm & 4:00 pm - 6:00 pm



EDU AISLU LIICO

Today's Movies



12:00 pm Duration: 1 hr 55 mins Rating:

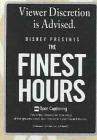


5:15 pm & 8:00 pm Duration: 2 hrs 15 mins Rating: PG-13



oc Open Captioning

2:15 pm Duration: 1 hr 48 mins Rating: PG



oc Open Captioning

10:45 pm Duration: 1 hr 49 mins Rating: PG-13



MORE TO ENJOY WHILE ONBOARD





Diese, Vacation Planning

Set sail in summer 2017 and discover exciting new destinations for the whole family in Alaska, Europe and the Caribbean! Visit the Disney Vacation Planning desk, Deck 4, Midship for more information.

We are now offering a NEW and improved Internet service to stay connected on your cruise like no other in the industry! Internet packages range from \$0.25 per MB - \$89.00 (1000 MB package). For more information contact your Connect@Sea Expert or Guest Services onboard.

DISNEY VACATION CLUB® GROUP PREVIEW

Want to learn more about taking magical vacations year after year? Please see a Disney Vacation Club representative on Deck 4, Midship, or call 7-2805 from your stateroom phone for more information about our interactive group presentation.

QUARTER MASTERS ARCADE

You can drive a Hummer, be The Fast and The Furious, plus hop on a Crazy Taxi with no license required! All this at Quarter Masters Arcade, located on Deck 9, Midship.

EARLY FLIGHT INFORMATION

Guests with flights departing prior to 11:00 am are kindly asked to notify Guest Services, located on Deck 3, Midship, no later than 12:00 pm (midday) on the final day of the cruise.



VISTA SPA HOWA SEAWEED MASSAGE

Full body 100min treatment usually \$244 for the price of the half body \$188.

Let the richness of marine algae and aromatherapy deeply detox and decongest the body with a full body, scalp, foot and ankle massage.

Deck 9, Forward - Phone: 7-1465



Visit the friendly team at the Port Adventures Desk, Deck 3, Midship to learn more about the amazing excursions we have to offer for Puerto Vallarta and Cabo San Lucas. There is an adventure for everyone on your Disney Wonder® vacation.

SOPHIA FIORI

DIAMONDS

Sophia Fiori, Hollywood's first choice in diamonds has boarded the Disney Wonder Cruise Ship to premiere their new collection of white & colored diamonds worn at the Oscars, Golden Globes, Emmy and Grammy Awards.

> TREASURE KETCH DECK 4, FORWARD



PETITE ART PRINTS AT THE VISTA GALLERY

Are you an art lover on a budget? Do you have limited space in your suitcase or on your walls at home? There's no need to miss out on owning inspiring creations by some of Disney's greatest artists! Stop by the Vista Gallery and check out the various petite prints of artwork created by these celebrated artists. Deck 4, Midship.

DISNEY CRUISE LINE® DOONEY & BOURKE HANDBAGS

Swing by Treasure Ketch and commemorate your cruise with style with the new nautical themed Disney Cruise Line® Dooney & Bourke handbag collection. Deck 4, Forward.

PIRATE MERCHANDISE

Arrigh.....It's time to embrace your inner pirate! Make your way to Mickey's Mates to find a treasure trove of pirate gear, everything from costumes and apparel to hats and accessories.

LIGHT UP THE NIGHT

Glow merchandise is only available on Pirate Night! Don't miss your opportunity to light up the night! Please see a Merchandise Crew Member, Deck 9, Midship, on Pirate Night to complete your Pirate attire!

SOPHIA FIORI ALEXANDRITE SEMINAR

Join Sophia Fiori representatives today, for the Alexandrite Seminar. Please see your Times Grid for time and location.

Due to port regulations, when the ship is docked, the stores will remain closed.

PIRATE PORTRAITS TONIGHT!

Capture the magic of your vacation at one of our portrait studios and let the memories live on.

Lobby Atrium, Deck 3 Midship from 5:15 pm-6:00 pm, 7:15-8:30 pm and 9:30pm-10:15pm.

*Please note that photos are available for viewing on our interactive photo kiosks approximately five hours after being taken and are only available for purchase during this cruise.

IMPORTANT INFORMATION

Security Notice

Security Notice
All Guests (including Children) who
wish to disembark or embark the ship are
required to present their Key to the World
and at the gangway A photo ID is also
required for those Guests who are 18 years
of age or older. Guests under the age of 18
are required to have a parent, guardian or
other responsible adult sign an authorization,
form at the Guest Service Desk if they wish
to go ashore unaccompanied or with any
adult from another stateroom.

Insect Repellent Advisory
Protect against mosquito bites and related
illnesses whon going abnor. Insect repellent is
available for purchase in Treasure Kerch. When
using both suscreen and insect repellent, use
susscreen first and apply insect repellent on top

Cold and Flu Reminder Please wash hands frequently and thoroughly, particularly before meals. Contact the Health Center by dalling 7-1923, should anyone in your party become ill.

Inclement Weather

For the safety of all Guests, outdoor events may be changed due to unforeseen weather conditions.

Corridor Quiet Hours

As a courtesy to all our Guests, please recognize quiet hallway hours from 10:00 pm til 8:00 am.

Environmental Message With Disney's commitment to the Environment please refrain from throwing anything over the Ship's side. Thank you.

No Reserved Seats Policy

As a courtey to all Guests we faulty advise that the saving of seats is not permitted in the Walt Disney Theatre, and the saving of the san loungers is not permitted on Deck 9 and 10. Items left unattended will be returned to lost and found at Guest Services, Deck 3, Midship.

Smoking
For the comfort of our guests, the following areas are designated as smoking areas:
- Deck 9, Forward, Port side
- Deck 4, Aft, starboard side from 6:00 pm to 6:00 am only (all of Deck 4 is non-smoking from 6:00 am to 6:00 pm.)
Smoking is prohibited inside all guest staterooms and on stateroom verandabs. Guests found smoking in their stateroems or on their verandahs will be charged a \$250 stateroom recovery fee.

recovery fee.
Electronic cigarettes may only be used in designated smoking areas.

Walt Disney Theatre

Theatrical performances may use artificial log, strobe lights, pyrotechnics and other special effects. For the safety of our performers and the comfort of those around you, the use of any photography or video recording device or any electronic equipment is prohibited.

Verandah Safety

Please do not leave any combustible materials on your balcony when not present in your stateroom for safety reasons.

Symbol for activities that will be repeated during the cruise

FOLD - A

Fold along the dorred lines and take me with you so you don't miss any of the fun!

- FOLD

MYOUTH ACTIVITIES OPEN HOUSE
A non-secured program with activities for families,
dults and children of all ages to enjoy together.

TUESDAY, MAY 10, 2016 - DAY AT SEA











12:00 pm Duration: 1 hr 55 mins Rating:

2:15 pm Duration: 1 hr 48 mins Rating: PG



oc Open Captioning

is advised

5:15 pm & 8:00 pm Duration: 2 hrs 15 mins Rating: PG-13

10:45 pm Duration: 1 hr 49 mins Rating: PG-13

Character Appearances

CAPTAIN HOOK & MR SMEE Preludes - 9:15 am & 10:15 am

CINDERELLA Lobby Atrium (P) - 9:30 am

MULAN

Lobby Atrium (S) - 9:45 am STITCH

DK4 Mid (S) - 9:45 am Lobby Atrium (P) - 5:45 pm

BELLE Lobby Atrium (P) - 10:00 am

MICKEY & FRIENDS Lobby Atrium - 12:15 pm

MICKEY MOUSE Lobby Atrium (P) - 4:45 pm

& 7:15 pm Lobby Atrium (S) - 5:45 pm CHIP & DALE

Lobby Atrium (S) 4:45 pm & 7:45 pm

TINKER BELL DK4 Mid (S) 5:00 pm & 7:30 pm

CAPTAIN JACK SPARROW

Preludes - 5:00 pm & 7:30 pm

MINNIE MOUSE Lobby Atrium (P) 5:15 pm & 7:45 pm

GOOFY Lobby Atrium (S) 5:15 pm & 7:15 pm

MICKEY'S PIRATES IN THE CARIBBEAN DK10 Mid (P) - 9:45 pm

(P) - Port Side (S) - Starboard Side

Don't forget your Camera to capture those Magical Moments! Check here each day for all of today's Character Appearances or refer to the Character Board in the Lobby Atrium.

Meet-and-Greets will be advertised for the length of time the line will be open. To avoid disappointment, please meet at start time of appearances.

SHIP DIRECTORY

STILINITH HELIUM

DECK 5, MID	9:00 AM -	12:00 AM
DECK 5, MID	9:00 AM -	10:30 PM
DECK 2, MID	10:00 AM -	12:00 AM
DECK 11, MID	10:30 AM -	1:00 AM
DECK 5, AFT	9:00 AM -	11:00 PM
	DECK 5, MID DECK 2, MID DECK 11, MID	DECK 5, MID 9:00 AM - DECK 2, MID 10:00 AM - DECK 11, MID 10:30 AM -

DUUIS

Children under 12 years of age must have adult supervision in all pools.

DECK 9, MID	9:00 AM -	8:00 РМ
DECK 9, AFT	8:00 AM -	8:30 PM
DECK 9, AFT	9:00 AM -	5:30 PM
DECK 9, AFT	8:00 AM -	8:30 PM
DECK 9, FWD	8:00 AM -	11:00 PM
	DECK 9, AFT DECK 9, AFT DECK 9, AFT	DECK 9, AFT 8:00 AM - DECK 9, AFT 9:00 AM - DECK 9, AFT 8:00 AM -

Please note, "selfie sticks" are not permitted in the pools or on Complimentary pool vests are available for children to use in the pools onboard. They are located on the pool deck.

(NITRAM) 14

Hermennon		
DECK 3, MID	9:00 AM -	1:00 PM
	2:00 PM -	5:00 PM
	7:00 PM -	8:30 PM
DECK 9, FWD	6:00 AM -	10:00 PM
DECK 10, FWD	_	24 Hours
	DECK 9, FWD	DECK 3, MID 9:00 AM - 2:00 PM - 7:00 PM - DECK 9, FWD 6:00 AM -

CENERAL INFORMATION

3.50.5		A SALAR TO
BUENA VISTA THEATRE	DECK 5, AFT	SHOWTIMES
CONNECT@SEA DESK	DECK 3, AFT	9:00 AM - 12:00 PM
00111120103	2	1:00 PM - 4:00 PM
		7:00 PM - 10:00 PM
DISNEY VACATION CLUB DESK	DECK 4, MID	9:00 AM - 10:00 PM
DISNEY VACATION PLANNING DESK	DECK 4, MID	9:00 AM - 11:30 AM
Diditer Promiser,	Construction of the Construction	3:30 PM - 6:00 PM
		7:30 рм - 8:30 рм
FUNNEL VISION	DECK 9, MID	SHOWTIMES
GUEST SERVICES	DECK 3, MID	24 Hours
Hair Braiding	DECK 9, MID	2:00 PM - 6:00 PM
MEDICAL HEALTH CENTER	DECK 1, FWD	9:30 AM - 11:00 AM
MEDIONE I NO EL I	Marketine (Mark Specie	4:30 PM - 7:00 PM
PORT SHOPPING DESK	DECK 3, MID	
Preludes	DECK 4, FWD	5:30 PM - 9:00 PM
QUARTER MASTERS (ARCADE)	DECK 9, MID	24 Hours
SHUTTERS PHOTO GALLERY	DECK 4, AFT	10:00 AM - 10:30 PM
VISTA SPA AND SALON	DECK 9, FWD	8:00 AM - 10:00 PM
WALT DISNEY THEATRE	DECK 4, FWD	SHOWTIMES

CHUDDING

ART GALLERY	DECK 4, MID	1:00 PM -	4:00 PM
ARI GALLERI		7:00 PM -	9:00 PM
MICKEY'S MATES	DECK 4, FWD	9:00 AM -	10:30 PM
RADAR TRAP	DECK 3, FWD	6:00 PM -	10:30 PM
TREASURE KETCH	DECK 4, FWD	9:00 AM -	10:30 PM

Fire/Security: Medical EMERGENCY: Health Center:

7-3001

7-3000

7-1923

Animator's Palate : 1
Parrot Cay : Pirates
Triton's : Pirates Animator's Palate: Pirates

Sunken Treasure H H Today: Sunny High: 86 Ft/30 High: 86 Ft/30 Tomorrow: Cloud A Parrot Song High: 86 T/30°C Tomorrow: Cloudy High: 84 T/29°C

Evening Attire: Pirate or Cruise Casual

DINING & LOUNGES

	BBEHKEHU		
BEACH BLANKET BUFFET	DECK 9, AFT	7:30 AM -	10:30 AM
GOOFY'S GALLEY	DECK 9, AFT	7:00 AM -	9:00 AM
Parrot Cay	DECK 3, AFT	8:30 AM -	12:00 PM
TRITON'S (Á-LA CARTE)	DECK 3, MID	8:00 AM -	9:30 AM

LUNCH DECK Q AET 12:00 PM -

DECK 9, AFT	10:30 AM -	6:00 PM
DECK 10, AFT	10:00 AM -	12:30 PM
DECK 9, MID	10:30 AM -	6:00 PM
DECK 9, AFT	10:30 AM -	6:00 PM
DECK 3, MID	12:00 PM -	1:30 PM
	DECK 10, AFT DECK 9, MID DECK 9, AFT	DECK 10, AFT 10:00 AM - DECK 9, MID 10:30 AM - DECK 9, AFT 10:30 AM -

DINNER

Animator's Palate	DECK 4, AFT	5:45 PM &	8:15 PM
PARROT CAY	DECK 3, AFT	5:45 PM &	8:15 PM
TRITON'S	DECK 3, MID	5:45 РМ &	8:15 PM
Palo (18+)	DECK 10, AFT	6:00 PM -	8:30 PM
BEACH BLANKET (Á-LA CARTE)	DECK 9, AFT	6:30 PM -	8:30 PM
PLUTO'S DOG HOUSE	DECK 9, AFT	6:00 рм -	9:00 РМ

LATE NIGHT SHACKS

DECK 9, AFT	10:15 PM -	11:00 PM
DECK 9, MID	9:00 PM -	12:00 AM
	DECK 9, AFT DECK 9, MID	DEOR O, 7 till 10110 1 till

ADDED LEULUNES

BEVERAGE STATION	DECK 9, AFT, PORT SIDE		24 Hours	
ICE CREAM AT GOOFY'S GALLEY	DECK 9, AFT	10:30 AM -	11:00 PM	
ROOM SERVICE	DIAL 4330		24 Hours	

ENTERTAINMENT - LOUNGES - BARS

Adults must be 21 and older to consume alcoholic beverages.

CADILLAC LOUNGE (18+)	DECK 3, FWD	6:00 PM -	12:00 AM
Cove Care (18+)	DECK 9, MID	6:30 AM -	12:00 AM
DIVERSIONS (18+ AFTER 9:00 PM)	DECK 3, FWD	12:30 PM -	12:00 AM
INTERNET CAFE	DECK 3, AFT		24 Hours
OUTLOOK CAFE (18+)	DECK 10, MID	7:30 AM -	12:00 AM
PINOCCHIO'S PIZZERIA	DECK 9, MID	9:30 AM -	12:00 AM
PLUTO'S DOG HOUSE	DECK 9, AFT	10:30 AM -	6:00 PM
PRELUDES	DECK 4, FWD	5:30 PM -	9:00 PM
PROMENADE LOUNGE	DECK 3, AFT	7:30 AM -	12:00 AM
Signals (18+)	DECK 9, FWD	9:30 AM -	10:30 PM
STUDIO SEA	DECK 4, MID		SHOWTIMES
WAVEBANDS (18+)	DECK 3, FWD	7:30 РМ -	2:00 AM

Public Health Advisory: Consuming raw or under-cooked meats, poultry, seafood, shellfish, or eggs may increase your risk for food borne illness, especially if you have certain medical condition