



Sixth Annual Senior Life Conference

October 28, 2019 – Prairie Meadows Conference Center

Central Iowa Senior Education Network is a group of community organizations and businesses coming together to educate seniors on topics essential to their lives. Visit with many experts and learn about important resources under one roof.

This is a full day event offering education & resources about the ever-growing options for individuals as they age.

A variety of breakout education sessions will be offered!

- Special Guest Speaker: Van Harden, Iowa author, inventor, teacher & radio personality
- Live your best life-by keep moving
- Medical cannabis in Iowa: how does the program work?
- Smart home technology
- Sleep hygiene: tips for better sleep
- Come fly with me
- Reality check: will you live longer than your pocketbook?
- How to create the lasting memory you want to leave behind
- Making a move: from downsizing to closing on your house (and everything in between)
- Making the most of benefits
- Hemp CBD: Health without the high
- SHIIP: Medicare 101
- Medical and non-medical home services
- And others! 17 sessions in all!

This conference is geared towards seniors and/or their adult children helping them navigate the golden years!

For more information or to [REGISTER ONLINE](https://www.centraliowasenior.com),

www.centraliowasenior.com

RSVP: (515) 985-7007

Your \$10 Registration

Includes:

- Access to any of the breakout sessions,
- Hearty lunch buffet,
- Medical screenings,
- Information from 80+ exhibitors
- Special discounts & giveaways
- And of course, DOOR PRIZES

Date: Monday, October 28, 2019

Time: 8-9:00 AM Registration
9:00 Opening Remarks

RSVP: (515) 985-7007 or online
www.centraliowasenior.com

Cost: \$10 (includes lunch & full day of workshop selections, exhibitors and more!)

Location: Prairie Meadows Conference Center
One Prairie Meadows Drive, Altoona, IA

Register Online

www.centraliowasenior.com

Or CALL

(515) 985-7007

Contact us for
GROUP DISCOUNTS!

The educational sessions will conclude by 3:15 PM
& exhibitors will be available until 3:30 PM



Monday, October 28, 2019- Prairie Meadows Conference Center, Altoona, Iowa