

SENIOR LIFE CONFERENCE

OCTOBER 27, 2025

LIVING WELL, AGING WELL: A CONFERENCE FOR SENIORS & THEIR FAMILIES

PRAIRIE MEADOWS CONFERENCE CENTER

1 PRAIRIE MEADOWS DRIVE, ALTOONA, IA

DOORS OPEN: 8:00AM | OPENING REMARKS: 9:00AM

ENJOY VARIOUS BREAKOUT EDUCATION SESSIONS

INSPIRATION

- Nutrition & Cooking for One or Two
- Volunteerism
- Tai Chi / Core Balance

HOME/LIVING

- Ready to Downsize & Move?
- Things To Do For Seniors in Polk County
- Home Technology

WELLNESS

- Mind Fit Series; Balanced Care Method
- VA Benefit Changes & Spousal Options
- Hearing Loss and Dementia

PREPARATION

- Senior's Guide to the One Big Beautiful Bill
- Getting Ready for Medicare Insurance Review & Medicare Scams
- Medicaid Planning Spend-Down & Final Expenses

Join us for a **full-day conference** dedicated to providing education, resources, and support for navigating the many options available as we age.

Whether you're a senior or helping a loved one plan for the future, this event offers helpful insights to guide smart decisions for a secure and fulfilling retirement.

FOR ONLY \$10 YOU GAIN ACCESS TO:



Access to **Breakout Sessions**
Hearty Lunch Buffet
Information from **75+ Exhibitors**
Special Discounts & Giveaways
And of Course, **Door Prizes!**

REGISTER ONLINE TODAY!



THANK YOU
to our Sponsors!



SENIORVIEW



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.

For more information visit WWW.CENTRALIOWASENIOR.COM