



Senior Life Conference

October 23, 2023

9:00 AM – Opening Remarks / Keynote Speaker
Coffee & Pastries with Sergeant Paul Parizek,
Des Moines Police Department Information Officer



Attend a Wide Variety of Educational Breakout Sessions!

Inspire • Home • Wellness • Prepare

- Travel
- Meditation & Yoga
- Volunteerism
- Your Community Senior Centers
- Aging in Place
- Finding Your Place
- To Move or Not to Move
- Downsizing
- Parkinson's Disease
- CBD
- Getting a Good Night's Sleep
- Your Hearing Health
- Medicare Open Enrollment
- Medicaid Planning
- Surviving Spouses Panel
- Have You Had The Talk with Mom & Dad?

Your \$10 Registration Fee Includes:

- Lunch
- Access to Great Breakout Educational Sessions
- 75+ Exhibitors
- Door Prizes & More!

The Senior Life Conference is a full day event offering education & resources about the ever-growing options for individuals and their families as they navigate their golden years.

WHEN: MONDAY, OCTOBER 23, 2023

TIME: 9:00 AM-3:00 PM | 8:00 AM DOORS OPEN

WHERE: MidAmerican Energy RecPlex

6500 Grand Avenue, West Des Moines, IA 50266

RSVP: www.centraliowasenior.com

Brought to you by CISEN: The Central Iowa Senior Education Network is a collective group of professionals in the Des Moines, IA area who directly serve older adults and their families, each with a specialized area of expertise. The main goal of CISEN is to provide education and resources to the community aimed at helping seniors thrive.