

# WHAT IS THE SENIOR LIFE CONFERENCE?

Each fall, the Central Iowa Senior Education Network (CISEN) hosts the **SENIOR LIFE CONFERENCE** to celebrate and educate adults 50+ and their caregivers. The CISEN board is made up of community leaders and organizations that work with the senior market, have experienced firsthand that central Iowa baby boomers are hungry for information, education and knowledge of available resources. Out of a real need in the Des Moines area, the Senior Life Conference was born and continues to grow in attendance and popularity year after year.

## Who should attend the SENIOR LIFE CONFERENCE?

Anyone who is retired, considering retirement, or is helping an aging parent navigate the golden years. Many attendees come in small groups, couples, with friends or attend with family members.

## What can you expect from the SENIOR LIFE CONFERENCE?

### BREAKOUT EDUCATIONAL SESSIONS

Our industry leaders will offer their expertise in four different tracks such as:

**Medical • Housing • Financial/Legal • Social/Caregivers**  
The attendee can decide which session will fit their need or the need of a family member.

**75+ VENDORS** There are a variety of vendors promoting their goods and services that are of interest to baby boomers. Various retirement communities, housing options, social and civic organizations, medical services, financial and legal

professionals, home health care and hospice, volunteer opportunities and much more! Time is allotted between each educational session to allow people time to explore and visit with all of the vendors.

### HEARTY LUNCH BUFFET

Included in your registration is a hot lunch buffet following the two morning sessions. Many people take this time to socialize with other attendees, visit with vendors and relax before attending the two afternoon sessions.



**MEDICAL SCREENINGS** Each year CISEN searches for vendors that can provide flu shots, information and demonstrations that are medically related and a valuable resource.

### DOOR PRIZES

Our vendors generously donate door prizes ranging from gift cards, gift baskets, free services, gift certificates and more! Just by attending the Senior Life Conference you are automatically included in the random drawings! Also, CISEN values your feedback... if you complete a survey after visiting the vendors, you are eligible for additional drawings!



Visit the CISEN website for updates to the Annual Senior Life Conference.

**[www.centraliowasenior.com](http://www.centraliowasenior.com)**  
or to get on the mailing list  
Call CISEN at (515) 985-7007 or  
email [info@centraliowasenior.com](mailto:info@centraliowasenior.com)



**Monday, October 28, 2019 (9am -3pm) Prairie Meadows Conference Center**

The Annual Senior Life Conference is planned and executed by the Central Iowa Senior Educational Network (CISEN) to encourage a proactive approach to aging. CISEN is a collective group of professionals who directly serve the mature population. Each member has an area of expertise related to the needs of mature individuals or their families.

It is our mission and passion to provide a valuable educational resource to our community using those specialties. CISEN has developed a wide range of speaking topics geared toward the mature population and their adult children.

We encourage groups and organizations to utilize our expertise for free informational presentations and seminars (these are not sales pitches). Presentations from the Senior Life Conference can be replicated for smaller groups or a list of other topics can be found at our website [www.centraliowasenior.com/Speakers.html](http://www.centraliowasenior.com/Speakers.html).

We will create a presentation to meet your unique needs.

Please reach out to us with any questions or requests via our website or contact the speaker listed for the topic.

We are committed to the encouragement of a positive proactive approach to aging.

**CENTRALIOWASENIOR.COM**