



# SENIOR RETREAT DAY

- ▲ Mind - Body - Spirit ▲ Hearing & Balance Screenings ▲ Medical Cannabis ▲ Senior Fashion Show ▲ Safe Travel to Dream Destinations ▲ Diet Tips to Boost Immunity

**Sheraton West Des Moines Hotel**  
**1800 50th St, West Des Moines**

**THURS, JULY 30, 2020**

**9 A.M. - 3 P.M.**

**CONFERENCE & BANQUET**

\$25 for full conference, including plated banquet luncheon in the beautiful Open Atrium beside a waterfall.

Registration 100% refundable at any time for any reason!

Limited Attendance - Save your spot now.



**Register by June 15th and be entered to win a trip for 2 on our Savannah Sipping Society Tour**

\*10% of all Conference proceeds will be donated to Above + Beyond Cancer



**Dr. Richard Deming**, Medical Director of MercyOne Cancer Center, presents the Keynote Address



**You're bound to walk away with a renewed spirit and fresh outlook on life!**

Senior Retreat Day is a chance for you to learn about different techniques and options for living a healthier, more balanced lifestyle!

You'll have the opportunity to see how diet, exercise and spiritual practices can make a profound difference in your total well-being.

Fun, interactive workshops and presentations. Plus, a vendor showcase where you'll have time to visit with professionals who provide the senior community with high quality products and services. And, of course, there will be plenty of vendor door prizes to be won!

**(Find full conference agenda and more details at [seniorsonthemove-ia.com](http://seniorsonthemove-ia.com))**

## Senior Retreat Day, July 30, 2020 Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Early Bird Registration \$25 (by June 15)

*Includes entry to win a TRIP FOR 2 on the Savannah Sipping Society Tour - Sept 9, 2020*

Conference Registration \$25

Check enclosed for \$ \_\_\_\_\_

Please charge \$ \_\_\_\_\_ to:

VISA  MasterCard

AMEX  Discover

*If paying via credit or debit card, check above and we will call you for numbers to complete the charge.*



CALL 515-225-1455 or mail form to:  
 Seniors on the Move, 318 5th St.,  
 West Des Moines, IA 50265