

NASPA Region IV-E Conference Nov 3-5, 2019

now Des Moines has it *ALL!*

WANT A
CUP
OF JOE?

Java Joes Coffee House

214 4th Street Sun - Mon 6:30 a.m. - 9 p.m.,
Tues-Thu open 'til 10 p.m., Fri & Sat
6:30 a.m.-12 a.m.

DSM Brew Coffee Co.

300 W Martin Luther King Jr. Pkwy Suite 140
Mon - Wed 6 a.m. - 10 p.m.,
Thu-Sat open 'til 11 p.m., Sun open 'til 10 p.m.

Starbucks

909 locust St. Mon - Fri 5 a.m. - 8:30 p.m.,
Sat 6 a.m. - 8:30 p.m., Sun open 6 a.m. to 7 p.m.

Scooter's Coffee

700 locust St. Mon - Fri 6 a.m.-5 p.m.

Friedrichs Coffee & Tea

1821 22nd St Suite 101

Peet's Coffee

4100 University Ave

Caribou Coffee

4100 University Ave

Hungry.
Hungrier.
Hungriest.

Zombie Burger

300 E. Grand Sun-Thu 11 a.m.-12 a.m.

Iowa Taproom

215 E 3rd Street, Suite 100, Sun 11 a.m.-10 p.m.,
Mon-Thu 11 a.m.-12 a.m.

Fong's Pizza

223 4th St Sun-Thu 11 a.m.-3 a.m.

Bubba Southern Comforts

200 10th St Mon-Thu 11 a.m.-10 p.m., Sat
4-11 p.m., Sun 10 a.m.-9 p.m.

St. Kilda's Cafe & Bakery

1013 Locust Street Mon-Fri 7 a.m.-5 p.m., Sat &
Sun 8 a.m.-5 pm.

Malo Mexican Cuisine

900 Mulberry St Mon-Thu 11 a.m.-5 p.m., Fri-Sat
11 a.m.-11 p.m., Sun 10 a.m.-9 p.m.

Centro

1003 Locust St Mon-Thu 11 a.m.-10 p.m.,
Fri-Sat 11 a.m.-11 p.m., Sun 10 a.m.-9 p.m.

The Blazing Saddle

416 E. 5th Street Mon-Fri 2 p.m.-2 a.m.,
Sat-Sun 12 p.m.-2 a.m.

The Garden Nightclub

112 SE 4th St Mon-Fri 5 p.m.-2 a.m.,
Sat 8 p.m.-2 a.m., Sun 5 p.m.-12 a.m.

FUN
& FIT

RAYGUN

505 East Grand Ave .
Mon-Thu 10-7, Fri-Sat: 9-8 . Sun: 10-6

**John and Mary Pappajohn Sculpture
Garden**

4700 Grand Avenue

Anytime Fitness

300 W Martin Luther King Jr Pkwy

CrossFit Akeso

417 SW 8th St

Power Life Yoga Barre Fitness

1717 Ingersoll Avenue

*Des Moines,
CATCH what
you've been missing!*

REGISTER TODAY AT www.naspa.org/events/2019IVEast