

2023 LIMRA Annual Conference
Gaylord National Resort & Convention Center, National Harbor, MD
October 22-24

Sunday, October 22

4:00 – 4:50 p.m. Breakout Sessions (3)
5:30 - 7:00 p.m. Welcome Reception

Monday, October 23

7:00 - 8:00 a.m. Breakfast
8:00 - 8:20 a.m. Welcome & Opening
8:25 - 9:55 am General Sessions
9:55 - 10:40 a.m. Refreshment Break
10:40 - 11:40 a.m. Breakout Sessions (6)
11:40 - 1:00 p.m. Luncheon & Break
1:00 - 2:00 p.m. Breakout Sessions (6)
2:00 - 2:40 p.m. Refreshment Break
2:40 - 4:50 p.m. General Sessions
5:00 – 6:15 p.m. Happy Hour

Tuesday, October 24

7:00 - 8:00 a.m. Breakfast
8:00 - 9:30 a.m. General Sessions
9:30 - 10:10 a.m. Refreshment Break
10:10 - 11:10 a.m. Breakout Sessions (6)
11:10 – 11:45 a.m. Refreshment Break
11:45 – 1:00 p.m. General Session
1:00 p.m. Adjourn