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591—1.3(455G) General course and method of operations. Regular meetings of the board shall be held monthly on the fourth Thursday of each month at 10 a.m. in the Office of the Insurance Commissioner, 330 E. Maple, Des Moines, Iowa, unless another time and place are designated by the board. The board may also hold special meetings as it deems appropriate. The purposes of such meetings shall be to review progress in implementation and administration of board programs, to consider and act upon proposals, to establish policy as needed, and to take actions as necessary and appropriate.