

ACTIVE OTTUMWA



Zumba Class with Elizabeth Luedtke

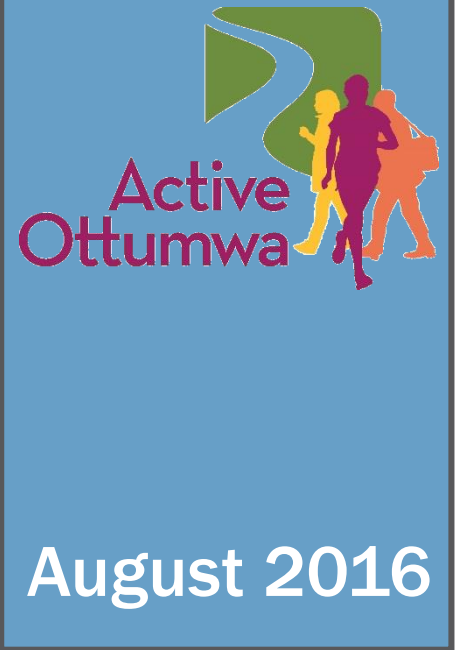
What Happened in August

During August, our PAL programming has continued to be successful! We had individual strength training on Sundays, Zumba© on Thursdays, and walking groups Monday-Thursday and on Saturdays. The Zumba© classes and walking groups were particularly successful in increasing participation in the Active Ottumwa program.

In the upcoming months, we will be increasing media outreach throughout Ottumwa so let us know if you have ideas for types of media or media sources we could utilize in the Ottumwa area to market our activities and program.

Upcoming Active Ottumwa Events

Check out the calendar of events for September on our website www.activeottumwa.org to get a full list of activities and events for next month. We are still looking for volunteers for Movie in the Park on September 3rd from 7:15-8:45pm to lead physical activities. Additionally, the Ottumwa Latino Festival will happen on September 17th from 2:00-8:00pm at Market on Main. Volunteers are needed for this event as well to lead activities and promote Active Ottumwa. Please let Becky know if you are available for either event by emailing her at rebecca-bucklin@uiowa.edu or by phone at (309) 678-2352.



PAL Spotlight



Blair Siems

This month we would like to highlight Blair Siems. Blair is the Executive Director & CEO of the United Way of Wapello County. She is an enthusiastic PAL & Community Advisory Board member for Active Ottumwa. Blair holds a brisk walking group on Tuesdays from 6:00-7:00pm @ the Levee. Help us to thank Blaire for all her hard work for Active Ottumwa!