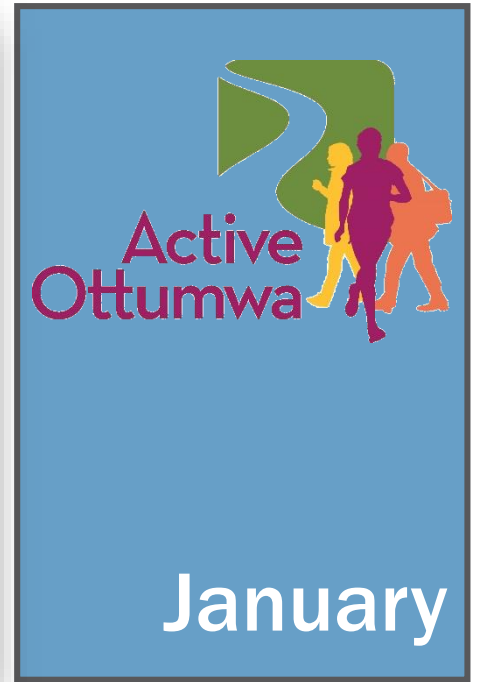


# ACTIVE OTTUMWA



Walkers at Bridge View and our storefront in the Quincy Place Mall

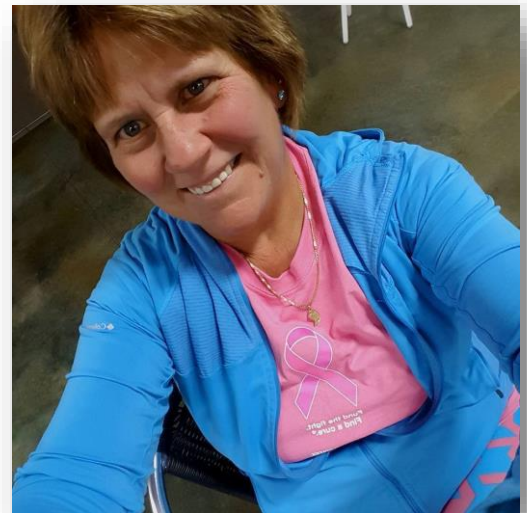
## Living in January!

We hit the ground running in 2017 with a packed schedule and so much energy and we can't thank you all enough! From walking groups to Tai Chi, and BodyFlow to jogs with your dog - Active Ottumwa is offering such a fun variety of classes. AO staff appreciates all your dedication to your programming and our project. Keep up the hardwork! If you can't wait to see what February has to offer, check out the section below ☺

## Upcoming Events!

Active Ottumwa has quite a few things to look forward to in the coming months! For instance, we will be hosting an Informational Meeting at our office on Main Street sometime this February or March where we will be focusing on Ambassador and PAL recruitment! We are excited to have more wonderful PALs and new AOA's on this team, so if you know anyone who may be a good fit or is interested, send them our way! We will release more information as the time gets closer and will make sure to send you all the details! Active Ottumwa will also be starting a new media campaign. This will feature radio, television, and theatre advertisements to raise awareness about the importance of being physically active and participating in AO activities! Keep your eyes and ears open to catch one of these great advertisements ☺

## PAL Spotlight



Meet our determined and energetic PAL, Lou LaRose! Lou has held Water Walking & More for the past 2 months at the Beach Ottumwa that has welcomed up to 10 people!

Her presence in the community and through social media has helped expand her programming to so many residents! Good job, Lou!