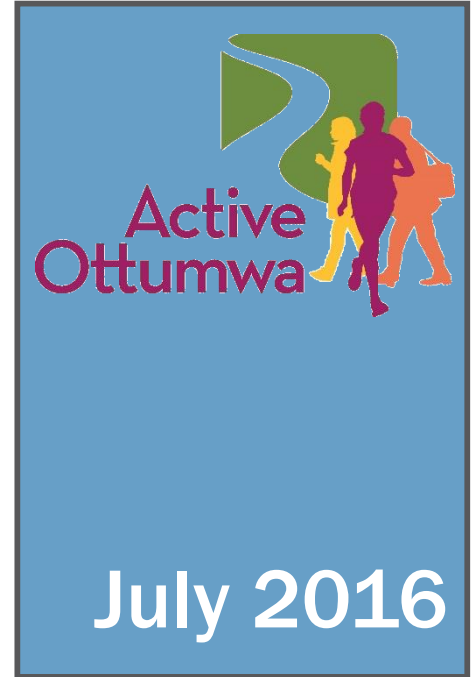




The Active Ottumwa Storefront at the Quincy Place Mall located between the Regis and JCPenney



What Happened in July

During the month of July many PALs have either continued or began their activity programming. We had various walking groups taking place around the city as well as individual strength training sessions at Downtown Fitness and a Body Combat class at Work it Out Fitness Studio.

In the month of July, we also had three very successful PAL Celebration events where we learned more about the PAL activities that have been happening in the community, discussed successes the program has had, and gathered ideas from all of you on how to extend Active Ottumwa's reach into the community moving forward. We are excited to begin working with you on these projects to make Active Ottumwa more successful in getting Ottumwa citizens moving.

Upcoming Active Ottumwa Events

Some things to look forward to in August, is the addition of a few PALs activities to our calendar of events which can be found on the Active Ottumwa website: www.activeottumwa.org as well as Active Ottumwa's presence in the August 27th Central Cinema movie night. If you have not signed up to work this event, please do so by either contacting Becky Bucklin at rebecca-bucklin@uiowa.edu or by using the google document that was sent to you through email.



PAL Spotlight



This month we would like to highlight Twila Foster. Twila leads a Mall Walking Program at Quincy Place Mall every Monday from 5-5:30 PM. She is very enthusiastic about the Active Ottumwa program and has been a great help in getting the word out about the programming we offer. Thank you Twila!