

## ACTIVE OTTUMWA



Ottumwa resident lifting weights at the local YMCA

### Noteworthy November!

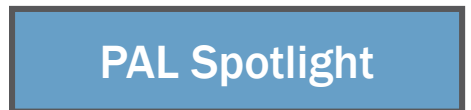
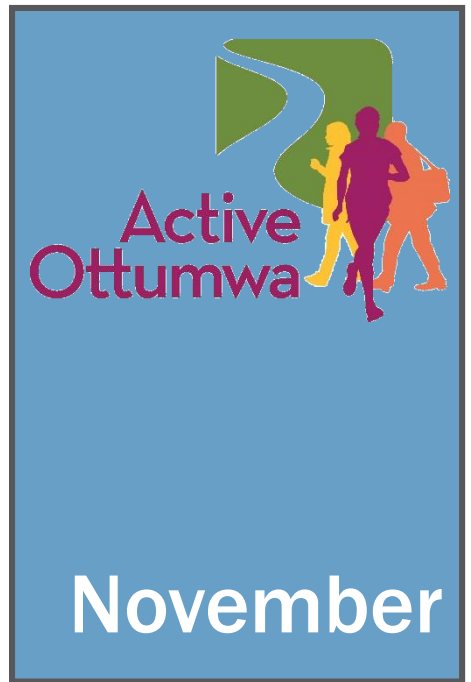
This month, Active Ottumwa kept very busy! We added an activity hosted by our new PAL, Marylou Furbush LaRose. Her Water Walking activity is hosted at the Beach Ottumwa on Friday evenings. Spread the word and together we can expand the Water Walking following!

On Saturdays, we added a Tai Chi activity at the Active Ottumwa Office. Certified instructor, Mary Hart is leading this low impact activity, aimed towards balance, agility, and strength. Stop by and check it out!

We also had a successful Open House at the end of the month. Representatives from the Ottumwa Courier and KTVO attended and both organizations provided great media for our program.

### Upcoming Events

The month of December is a difficult time for people to remember to stay active. As holidays come with delicious food and drinks, it can really be overwhelming to watch what your eating and get out to the gym everyday. Luckily, with Active Ottumwa, we are offering free activities with you wonderful PALs to create a great support system for our participants! PAL to participant relationships are the backbone of this programming and all the staff here at Active Ottumwa want to remind you that you are appreciated. We hope you all have a wonderful holiday season!



We would like to recognize our PAL and AO Staff Member, Katelyn. In November, Katelyn led two activities throughout the week! Katelyn's continued dedication to the program and care for Ottumwa's well-being has really shown in every aspect of her job!