

ACTIVE OTTUMWA



The Active Ottumwa team raising awareness and supporting Latino Fest

Succeeding in September!

The AO team has been busy this past month with the following events:

- Attending the National Walking Summit in Minnesota September 13th-15th
- The CAB Retreat on September 15th from 9AM-12PM
- The Ottumwa Latino Festival on September 23rd from 3-8PM
- The PAL Celebration on September 25th from 5PM-7PM
- Senior Lifestyle Expo on September 28th from 9AM-2PM

All these events were successful. Not only did we have great turnouts, but a lot of fun at each!

Upcoming Events

As the summer winds down, we still have a lot to look forward to with the AO program. We have wonderful PALs who are dedicated to our mission, we have great support from the community, and our staff has been on their "A" game planning events and analyzing data. In October, AO will be represented at. . .

- **Iowa's Healthiest State Walk will take place on October 4th at 1pm.** In partnership with the YMCA, Active Ottumwa's walk will start from the Bridge View Center
- **Ottumwa's 44th Annual Oktoberfest on October 7th starting at 10am.** Our very own Brittany, Stacie, Mike, and Barb will be handing out pens, shoelaces, and book marks so come join them or see them in action!



PAL Spotlight

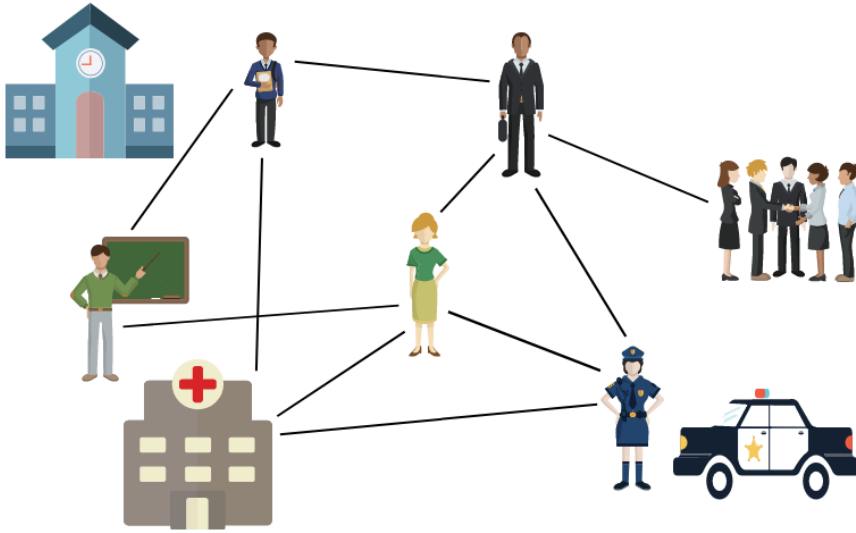


We would like to highlight the dedication of our own, Stacie Rogan. Stacie is an exceptional PAL who engages her social networks to join her Body Groove Dance class on Thursdays at ORHC. Stacie even steps up to help other PALs who may not be able to lead their usual activities so that participants can still be active! She is always welcoming to new people. Thank you for your dedication to this program!

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Tip of the Month

Social networks not only include your **friends and family**, but larger extensions of those things too. This could include **groups from your work**, where you **volunteer**, or your **church**. You may also consider yourself part of the OHS Bulldog family because you frequent athletic events or support their debate team. In this sense, you have something in common with **thousands of people in your town** without even knowing them!



By tapping into these larger social networks, we can **reach more people** and **raise greater awareness** for our program and our mission to **create a healthier community**.



Engage these groups that you have connections with and motivate them to get active with Active Ottumwa. All our groups are FREE & FUN



September

Contact Us

If you have any questions or comments about our upcoming events within the Ottumwa community, please let us know! If you have any recommendations or request that we appear at an event, we want to hear from you! Please contact Sandy Berto at the office.



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