A Jazzy January!

The AO team has been busy these past months!

- **Active Ottumwa Open House on December 18th**
- **Hyvee’s first In-Store Health Fair on January 20th**
- **Active Ottumwa-sponsored Pick and Roll Wheelchair Basketball’s 3-Point Contest at the YMCA’s Wheel Chair Basketball Tournament on January 27th**

CAB Spotlight

We want to recognize our wonderful CAB member, Garrett Ross, community partner at the YMCA! You may have met him at the PAL celebration or seen him driving a bus behind our PALs at the Oktoberfest Parade! We are thankful to have him as an advocate and look forward to our continued partnership!

Upcoming Events

Check out the AO booth at the **Southern Iowa Living Expo, sponsored by the Ottumwa Chamber of Commerce on March 1st-3rd** at Bridgeview Center! We would like to thank the Director of Commerce for their generous support!
Tip of the Month

It may be months since you got your flu shot, but we are still in the height of influenza season.¹ Influenza is a serious disease that can lead to hospitalization and death.¹ Flu season can last as late as May.¹ Even healthy people can get sick and carry the flu, but there are precautions everyone can take to stop the spread of influenza. In order to keep our participants safe while they are active, we advise:²

1. Get a flu vaccine.
   The vaccine is the best way to protect yourself and your community against the flu! It is not too late to get your vaccine!

2. Stop the spread of germs.
   • Avoid close contact with people who are sick.
   • Stay home when you feel sick!
   • Wash your hands regularly.
   • Avoid touching your mouth, eyes, and nose.

3. Stay Active.
   Take care of yourself! This includes eating well, getting plenty of rest, and staying active! When you feel healthy, come to our activities out our calendar activities on our Facebook page or website!

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