

ACTIVE OTTUMWA



Thank you to everyone who stopped by for Ladies' Night Out!
Check out all of the photos from the event on our Facebook page!

Staying Active in April!

The AO team has been busy this month!

- **Ladies' Night Out:** We had a great time sharing AO's message and hanging out with the amazing ladies of Ottumwa!
- PAL and AO Staff Member **Sandy Berto** started attending Iowa Walking College on April 25th. Through this program, she will learn more about how to involve our community to keep Ottumwa a city on the move!

CAB Spotlight



We would like to highlight our amazing CAB member, Claudia Gates! Claudia is a branch manager at U.S. Bank in Ottumwa and a member of the steering committee for the Business Leadership Network. She is also a coauthor for a paper about AO that was recently accepted for publication! We are lucky to have her on our team!

Upcoming Events

- Stop by the Community Resources and Career Opportunities Fair on **Friday May 4th** from 2:00 pm to 5:00 pm at Quincy Place Mall, where AO has a storefront!



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PAL Spotlight



This month, we would like to spotlight our fantastic PAL, Julietta Ibarra! Julietta has done so much to help Active Ottumwa be successful. On top of all she does for AO, she also volunteered to teach a class in Spanish for the AO Latina program! Julietta is a wonderful PAL. We are so grateful that she has dedicated her time to AO and the Ottumwa community!

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Tip of the Month

It may seem like you've shared Active Ottumwa with everyone you know, but you have more people in your social networks than you think! The types of social networks we are talking about do not only include your friends and family, but larger branches of those things too. This could include organizations, such as your place of work, where you volunteer, or where you go to church. It can also include larger community groups as well. For example, you could consider yourself part of the OHS Bulldog family because you frequent athletic events and support their debate team. In this sense, you have something in common with thousands of other people in our town without even directly knowing them! **Tap into your extensive networks to inform people about AO!**



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Contact Us

If you have questions about upcoming events 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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