

ACTIVE OTTUMWA



All smiles while attending Water Walking & More on Wednesdays at 4:00 pm at the Hampton Inn!

Moving in March!

The AO team has been busy this month!

- **New classes:** : We are excited to be adding new classes to our calendar, including two new classes led in Spanish!
- **Southern Iowa Home Living Expo:** Unfortunately, this event was cancelled last month, but look for Active Ottumwa to attend this event the first week of March next year!

CAB Spotlight



This month, we would like to highlight one of our dedicated Community Advisory Board (CAB) members, Himar Hernandez! Himar works at and represents the Iowa State University Extension. Even with a much deserved promotion that often takes him out of town, Himar continues to support the community of Ottumwa in so many positive ways. Congratulations on the promotion, Himar!

Ladies' Night Out!

Stop by the Active Ottumwa office on **April 20th from 4pm to 8pm** to enter into a drawing for a \$25 Hy-vee gift card and participate in a fun photo op! Post these photos to the Active Ottumwa Facebook page!



March 2018

PAL Spotlight

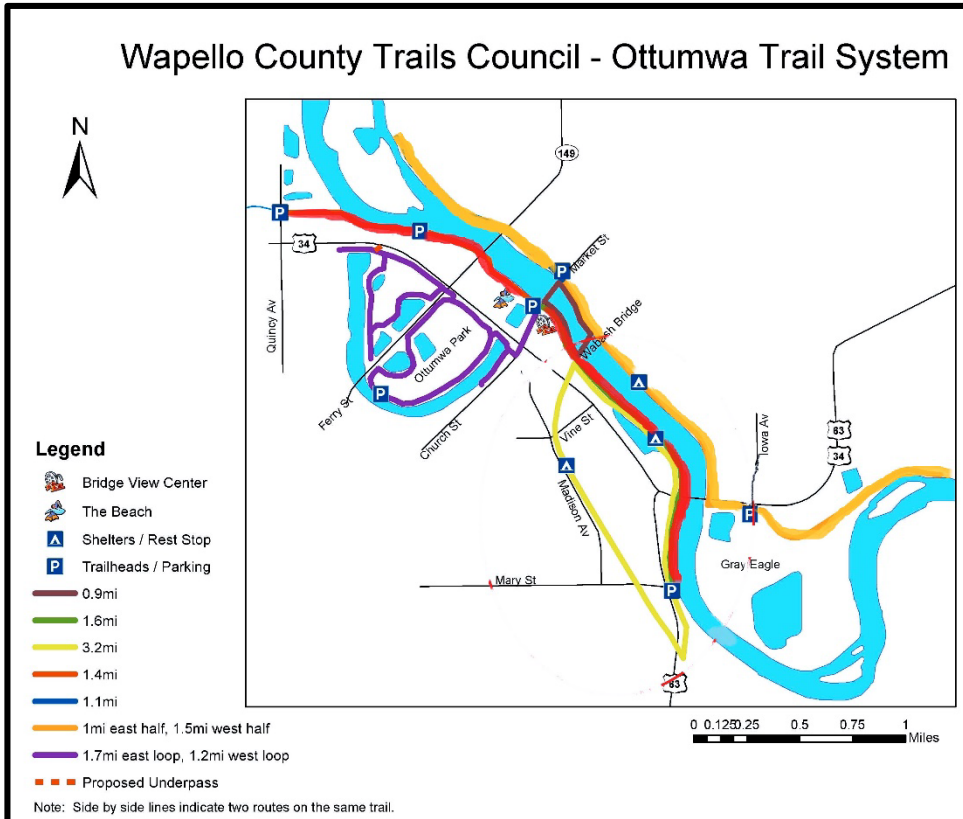


We would like to highlight two of our wonderful PALs, Betty and Remi Panloqui! Betty and Remi started leading one organized walking group a year ago and now lead two organized groups a week. On top of this, their enthusiasm and support of AO has led them to lead at least two additional walking groups on "nonscheduled" days! These two continue to support other PALs and demonstrate how much they care about their community.

ACTIVE OTTUMWA

Tip of the Month

Spring is on it's way and we cannot wait to get outside to be active. Luckily, residents of Ottumwa have the Ottumwa Trail System right in town! The Wapello County Trails Council works hard year around to grow and maintain miles of safe and accessible trails for Ottumwa residents. As the weather gets warmer, check out the trails with a friend or family member and be on the lookout for Active Ottumwa classes as they move outside!



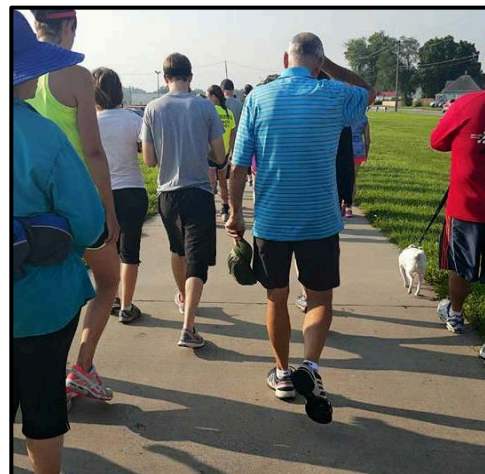
If you have questions about upcoming events or request that we appear at an event, we want to hear from you! Please contact Sandy Berto at the office.



Active Ottumwa Main Office:

205 E Main Street
Ottumwa, IA 52501
(641) 684-6151

www.activeottumwa.org



Learn more about the Wapello County Trails Council by visiting:
<http://www.wapellocountytrails.com!>