

# ACTIVE OTTUMWA



Connie Hammersley-Wilson and Diana Critchlow helped with the walking audit this month!

## A Joyous June!

The AO team has been busy this month!

- On **June 2<sup>nd</sup>**, **Main Street Madness** took place in conjunction with the Canteen Eating Contest! There were sidewalk sales and many “pop up” businesses.
- A **Walking Audit** was conducted on **June 13<sup>th</sup>** with the help of community members. This audit helps us find how walkable the downtown area is for pedestrians!
- **PAL lunch** on **June 14<sup>th</sup>** at El Rancho to catch up and share ideas!

## CAB Spotlight



We would like to highlight our fantastic CAB member, Dr. Edith Parker! Dr. Parker is the Director and Co-Principal Investigator at the Prevention Research Center which houses the Active Ottumwa program. Dr. Parker has recently been named the Dean of the college of Public Health as well. Thank you, Dr. Parker for all that you do!

## Upcoming Events

If you are looking for fun events in Ottumwa this month, consider attending:

- **Pro Balloon Races** from **July 13<sup>th</sup>-15<sup>th</sup>** at the Jimmy Jones Shelter in Ottumwa Park
- **United Way Glow Run** on **Saturday, July 14<sup>th</sup>** from 8:30pm at the Quincy Place Mall



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PAL Spotlight



This month, we would like to spotlight our wonderful PAL, Christie Starr!

Christie leads a walking group at the Bridge View Center every Thursday from 10-11am. Her dedication to AO and the Ottumwa community make our program possible! Thank you, Christie!

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## Tip of the Month

Celebrate success! It is important to celebrate the progress you have made toward reaching your goals. When we began Active Ottumwa, 4 years ago, we couldn't have imagined the success we have experienced! We want to share our successes with you all so that we can use the momentum to keep Active Ottumwa going and growing! Here are some success you all helped create over the past 4 years:

We have **trained 45 volunteers** from the community to be Physical Activity Leaders (PALs)

Our PALs have led **over 800 physical activity opportunities**

We have had **537 individual participants** and 4,600 times people have attended the activities

AO activities have been held in **18 different locations** across the Ottumwa community

We hope to see many more people become physically active because of our programming!



## June In Review

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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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