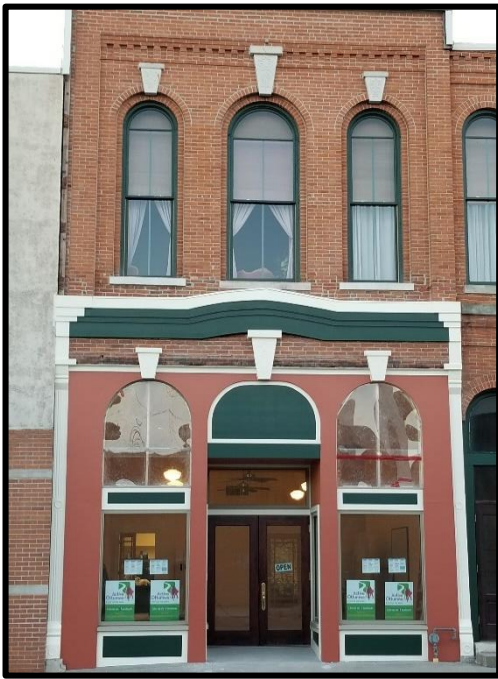


ACTIVE OTTUMWA



New updated Active Ottumwa office at 205 E Main Street

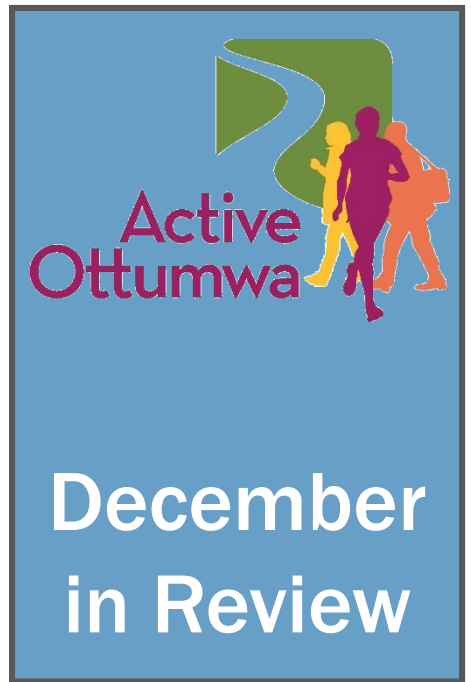
Active Ottumwa Updates

The renovation of the Active Ottumwa is almost complete! A few windows are needed and some inside work, but for the most part we are looking sharp! Stop by and see the improvement!

Active Ottumwa's Video Led Yoga and Dance Fitness classes are moving across the river! Tuesday's Video Led Yoga at 5:30 pm and Thursday's Dance Fitness at 5:30 pm will be held at The Lodge, at Good Samaritan. The room is Stacie and Dana approved and is warm and welcoming! For security reasons the door is locked at 5 pm, so we encourage anyone attending to be on time for class at 5:15 pm. (Take Albia Rd to Ridgewood Care Center, turn left on Skyline Dr., at 3 way stop, turn right and follow road to the left side to The Lodge)

Upcoming Events

Active Ottumwa will attend the annual North HyVee Health Fair on Saturday, January 19, 2019! Come visit our table or better yet, come share your positive experiences and encourage participation in Active Ottumwa with those stopping! Please let Sandy know if you might be coming to help man the table!



December in Review

2018

PAL Spotlight
Stacie Rogan



PAL Stacie Rogan has been a positive and energetic supporter for over a year! Stacie leads Video Led Yoga on Tuesday evenings at 5:30 pm. At The Lodge at Good Samaritan at 2035 Chester Ave.

ACTIVE OTTUMWA

Tip of the Month

Staying healthy during the holidays doesn't have to be difficult! By incorporating healthy habits during the holiday season, you can stay active and healthy for the new year! Making SMART goals can help you stay on track and start the new year on the right foot!

S

SPECIFIC

Define your goal as much as possible. Who, what where, when, and how will you accomplish it?

M

MEASURABLE

Make sure that you can track your progress to accomplishing your goal!

A

ATTAINABLE

Is your goal reasonable enough to be accomplished?

R

RELEVANT

Is your goal worthwhile and will it meet your needs?

T

TIME-BOUND

Your goal should include a time limit so you can keep yourself accountable!



December In Review

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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.



**Active Ottumwa Main
Office:**

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Ottumwa, IA 52501
(641) 684-6151

www.activeottumwa.org