



Remi and Betty Panlaqui walking at Quincy Place Mall

February Fame

Following a bike accident in September 2018, where Remi was critically injured, both Remi & Betty feel that regular physical activity has helped with his recovery. Remi shared his story with KTVO on January 11th:

"I don't want him to be stagnant, or not doing anything," Betty Panlaqui said. "So inside the house, he's walking up and down the stairs, and we are doing the aerobics inside the house."

"Walk the Loop" will be held in Remi's honor soon. Be ready to celebrate this wonderful couple with a walk on the Ottumwa trails! Look for future updates as we continue to plan this event!

Active Ottumwa in the Community

Our Active Ottumwa team was hard at work engaging the Ottumwa community at the Home & Garden Show at Bridge View Center on February 23rd and 24th. 601 raffle tickets were collected at the Show with 250 March calendars distributed.

Sandy presented about Active Ottumwa at ORHC's Cardiac Rehab Healthy Hearts event on February 26th joining Becky Grave, Hy Vee's nutrition expert. A friendly crowd shared a heart healthy meal cooked on the spot by Becky!



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PAL Spotlight



Mary Hart continues to draw the crowds (15 at her most recent class) at her Tai chi class! Mary is a certified Tai chi instructor and Active Ottumwa is grateful Mary shares her love of Tai chi and her passion to teach with our community! Thank you, Mary!

ACTIVE OTTUMWA

Tip of the Month

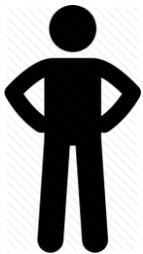
Being a great communicator doesn't only mean being a great speaker! Non-verbal communication can be helpful in showing confidence and taking command of a room! Check out the tips below on how to use non-verbal communication as a way to enhance the skills you already have! Using these skills can even lead to more community connections and lasting friendships!¹

FACIAL EXPRESSION & EYE GAZE



Facial expressions can be a great way of showing your emotion. Think of your facial expressions as an extension of your words! Captivate your audience with eye contact!

POSTURE & GESTURES



The way you sit or stand can help convey your attitudes or feelings about what you're saying. Try having good posture and engaging gestures to keep the audience captivated!

PERSONAL SPACE & DISTANCE



Be aware of your distance from others! You should be close enough so that you show that you are engaged, but not close enough that you invade anyone's personal space.

PERSONAL APPEARANCE



Wear something that makes you feel confident! This could be an outfit that is not only comfortable, but also shows off your unique personality!



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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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1, Dixon, T., & O'hara, M. (2013). Communication skills: making practice based learning.