

## ACTIVE OTTUMWA



A little bit of sass in ladies of all ages at Ladies Night Out! On April 12<sup>th</sup> regardless that it was rather chilly!

### Astounding April

Please join me in welcoming our newest PALs, Sherri and Katie Hamann who led walking groups at Bridge View Center on Mondays, Wednesdays, and Fridays at 9:00 am! Sherri and Katie come to us from Cantril (home of the Dutchman's Store!) Welcome to Active Ottumwa!

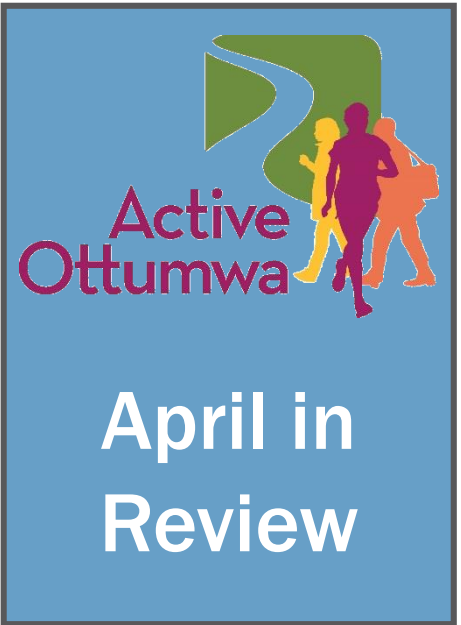
### Active Ottumwa in the Community

Active Ottumwa sponsored the 3point Wheel Chair Basketball winner at the YMCA on March 2<sup>nd</sup>! The YMCA has many activities to offer to our community, so be sure to follow them on Facebook!

The North HyVee Health Fair was also held on March 2<sup>nd</sup> and Becky Grave was kind enough to display our information. Any nutritional questions? Becky is the one with the answers!

Sandy was invited to speak at the Ottumwa Newcomers meeting on March 20<sup>th</sup>, at the Ottumwa Social Club joining Mayor Tom Lazio and Parks Director Gene Rathje. Active Ottumwa events, the beautiful Ottumwa trails, and The Beach Ottumwa were discussed. For information on Ottumwa happenings and events check out these websites:

- <http://www.mainstreetottumwa.com/>
- <https://www.greaterottumwacvb.org/>



## April in Review

2019

### CAB Spotlight



CAB member and President Garrett Ross believes in being very active with Active Ottumwa! Garrett is always available to promote AO with an interview, and sharing the YMCA bus for a tour of Ottumwa with our out of state guests! Thank you Garrett for your service to Active Ottumwa!

# ACTIVE OTTUMWA

## Tip of the Month

As PALs, you play an important role in advocating for Active Ottumwa! This is a way to sustain the program, which means to continue the activities of a program by engaging others in the community to participate.<sup>1</sup> By continuing to be passionate about being a PAL and a leader in your community, you can help keep Active Ottumwa moving! Check out the tips below to see how you can help sustain Active Ottumwa for years to come!

### MARKET YOUR CLASSES



Let the community know about your classes! Marketing your classes can draw in new participants and remind regular ones to keep coming! You can post about your classes on the Active Ottumwa Facebook page or distribute weekly calendars around the community!

### REPRESENT ACTIVE OTTUMWA



Talk to Sandy about how you can help keep Active Ottumwa going! One easy way to help her out is to be an Active Ottumwa representative at local events.

### IDENTIFY PARTICIPANTS TO BE PALS



Future PALS may already be taking your classes! Do you know someone who regularly attends your classes that might be a great PAL? Reach out to them and see if they are interested in participating! They may even love feeling recognized as a leader in the community!



**April  
In Review**

**2019**

### 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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[www.activeottumwa.org](http://www.activeottumwa.org)

1, Rural Health Information Hub. Importance of Sustainability. 2019. <https://www.ruralhealthinfo.org/toolkits/health-promotion/5/importance-of-sustainability>