



*Kids Day at the California State Fair*



*A little one preparing to enter the Kid's Course*

## Community Troupe Stepping it Up!

This year has been a year of revision for one of ETP's veteran programs. *Community Troupe*, known for its Mascot Ambassadors of Health, has been performing for multi-generational audiences at health fairs and community events throughout the region since the mid-1980's. Recently, the program has added two new products to meet the ever-evolving landscape of community events and festivals.

The **All Star Mascot Show** is a 15- to 45-minute live performance able to meet the needs of any given event. It features the Mascot Ambassador characters and promotes ETP's messages about healthy eating, active living, and safety.

Relying on strong visuals, music, and audience interaction, the performance is designed to appeal to all members of the community, regardless of age or language spoken, and inspires everyone to take a first step toward a healthier life.

The **Kids' Course** was created in collaboration with the Community Benefit team in the Diablo Area as a fun way to promote physical activity and self-esteem to children ages 4 to 10. While crawling through tunnels, hopping through hoops, and scoring the biggest goal of the day participants explore ways to incorporate physical activity in their lives. Along the way, an emcee rallies the crowd to cheer on the contestants while images of the Mascot Ambassador characters provide additional encouragement.

## Our Programs

*ZIP'S GREAT DAY* captures the attention of elementary school children in grades K-5, excites their imagination, and inspires them to make healthy life choices. In the hands of professional performer/educators, colorful characters jump out of boxes, ride around on scooters, and grow to amazing heights while sharing important information about their health.

*THE BEST ME* is a comprehensive program that teaches students in grades 3-5 and their parents the importance of healthy eating and active living. Schools, communities, and individual families partner together to reverse the rising rate of childhood obesity and diabetes.

*PEACE SIGNS* is a multi-intervention program for students in grades 3-6. The program introduces a 5 step model the "Stoplight Solution" to teach students conflict resolution, respect, and empathy. The program addresses issues such as bullying, peer pressure, domestic violence, and the death of a sibling from gang violence.

*NIGHTMARE ON PUBERTY ST.* teaches students in grades 6-8 that they are not alone on the rocky road to adulthood. As students learn new skills to cope with raging hormones, depression, and peer pressure, they discover their own answers to the age-old adolescent question: "Am I normal?"

*SECRETS* is an educational drama for students in grades 9-12 about preventing HIV/AIDS and STIs. It tells the story of Eddie, a high school athlete who contracts HIV, and Monica, a popular student who remains committed to abstinence. The experiences of these characters enable teens to see and feel the consequences of their actions.

*COMMUNITY TROUPE* uses elements and characters of our touring productions to provide valuable health information to children, teens, and adults at health fairs, community gatherings, grand openings, and other special events.

## Special Performances

Fall 2008

Please note this is a partial list of events. For an up-to-date schedule, call us toll free at (877) 353-2223

### PEACE SIGNS

10/21 San Jose Unified School District Office

### Nightmare on Puberty St.

10/17 Oakland ETP Studios

11/14 San Rafael, College of Marin

### SECRETS

9/11 Stockton, KP MOB Teen Open House

### COMMUNITY TROUPE

9/16 SF, HIV Inform-Macy's Passport Teen Night

9/20 Modesto, KP Medical Center Opening

9/20 Oakland, United Negro College Fund Walk

9/20 Santa Rosa, Children's Expo

9/21 San Jose, Feria de la Salud, Mexican Heritage Plaza

9/27 & 10/11

Hayward & Fremont Teddy Bear Clinic

9/28 Roseville, Health and Fitness Expo

9/30 & 10/1

Modesto HEAL- CHI Walk to School Events

10/4 Concord, Monument Corridor Health Fair

10/11 Sacramento State Capitol, America's Walk for Diabetes

10/12 Napa, Bi-national Health Fair

11/2 Oakland, Día de los Muertos

11/8 Vacaville, KP Medical Office Building Opening

12/6 Redwood City Holiday Children's Parade

## ETP of NCAL Serves 4,000,000

Kaiser Permanente's award-winning Educational Theatre Programs of Northern California started service in 1986, and has inspired over 4,000,000 children, teens, and adults to make informed decisions about their health and to build stronger, healthier neighborhoods.

All ETP programs share age-appropriate, up-to-date facts necessary for making healthier life choices. Our programs are developed by physicians, health educators, and theatre professionals at Kaiser Permanente, in collaboration with community advisory committees of educators, counselors, parents, and students. Each program is led by a team of performer/educators trained in health issues and peer counseling. Audiences of all ages relate to the performer/educators, who reflect the diversity of the communities we serve.

If you have never experienced an ETP live performance or would like to do so again, please call us and we will add you to our mailing list to receive a monthly performance schedule so you can find a time to see us in action.

Visit our website: [kp.org/etp/ncal](http://kp.org/etp/ncal)

### ***Book a Performance!***

The 2008/09 season is nearly booked but there are a few dates available for each of the programs. Please contact us and we will do our best to arrange a performance. *Community Troupe* is also available to perform short health-related scenes at health fairs, festivals, and other community events.



**ETP's resident Safety Monitor, Super Weevil, with this month's safety tip!**

"Wear the right shoe for the job at hand. Avoid lifting and carrying heavy objects while wearing high heels or shoes with little grip. Nonskid, closed-toe shoes and firm footing will ensure your next step is a safe one."

To attend a performance, please call to make arrangements.  
Show times and locations are subject to change.

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