

# Community Troupe

Educational Theatre Programs, a Community Benefit of Kaiser Permanente



## Inspiring Families to Take Healthy Steps

### What is Community Troupe?

A free health education program offered by Kaiser Permanente's Educational Theatre Programs, *Community Troupe* provides valuable health information to children, teens, and families at health fairs, community gatherings, grand openings, and other special events.

*Community Troupe* is appropriate for all ages and audiences, and offers several dynamic options to enhance events:

**Mascot Ambassadors of Health and Wellness:** Full-costume characters that convey healthy messages as they interact with children, teens, and adults. Mascots meet and greet event attendees, take souvenir photos, and give away healthy prizes to crowds.



The **All Star Mascot Show:** A 15-to-30 minute, interactive performance that showcases our mascots and their human friends. This show features music, dance, and physical comedy and can be customized to address any or all of the following topics: nutrition, physical activity, safety, drinking water, and celebrating fruits and vegetables.

**Kids' Course:** An interactive course for children ages 5-12. Designed to inspire physical activity, it keeps kids coming back for more. Participants crawl through a tunnel, hop through hoops, toss beanbags, score a goal with a giant soccer ball, and get a prize at the finish line. The *Kids' Course* staff entertains the crowd with musical numbers, games, and dance competitions, too! An inflatable Cardia Heart is available to add to the fun (*electricity is required for Cardia Heart*).



**Health and Safety Resource Table:** An informational table that can be stocked with materials about healthy eating, active living, relationship safety, smoking prevention, asthma, self-esteem, positive communication, and more.



L to R: Super Weevil, Cardia Heart, Boring G. Boring, Nikki Teen, Nutri-Beast.

### Our Mascots

#### Super Weevil

A fun insect who makes wearing safety gear cool. Weevil promotes the cause of safety on bikes, skateboards, scooters, and cars.

#### Cardia Heart

This giant heart is the talk of the town, and a spirited addition to events like walk-a-thons and races. Cardia shows crowds that physical activity can make hearts healthy and strong.

#### Boring G. Boring

A former couch potato who is kicking his old habits and becoming active, one step at a time. This fuzzy, fun-loving dinosaur is a big favorite with kids of all ages.

#### Nikki Teen

A high-kicking feline soccer star who knows how to get the best out of her nine lives. Nikki says no to smoking and yes to moving her body for 60 minutes every day.

#### Nutri-Beast

A healthy-eating lion with a heart of gold, Nutri-Beast reminds everyone to eat a rainbow of fruits and vegetables. His super strength shows off the "fruits" of his labors.

## Why is Kaiser Permanente Offering the *Community Troupe* Program?

For over 60 years, Kaiser Permanente has worked to improve the health of our members and the communities we serve. Through the magic of live theatre, Educational Theatre Programs (ETP) engages and inspires school-based audiences to make healthier choices. *Community Troupe* was created to share ETP's educational messages in non-school settings and at special events, with audiences who may not normally be able to view our full-length productions.

### Program Highlights

- Free of charge
- Appropriate for all audiences
- Healthy lifestyle giveaways provided
- Spanish interpretation available

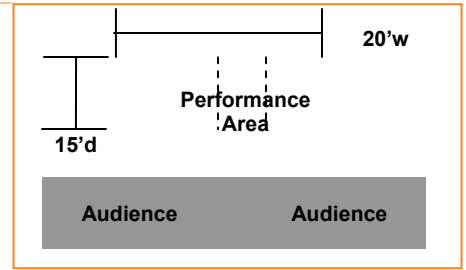
### How Do I Set Up a Performance?

If you meet the performance requirements to the right, visit [kp.org/etp/ncal](http://kp.org/etp/ncal) or call us at (877) 353-2223 to obtain an application. Please email or call us for more information about *Community Troupe*.



### Educational Theatre Programs

Northern California  
1438 Webster St., Suite 205  
Oakland, CA 94612  
Telephone: (877) 353-2223  
Website: [kp.org/etp/ncal](http://kp.org/etp/ncal)



### Mascot Show Requirements

- A minimum 20'w x 15'd x 8'h performance area accessible at ground level, by freight elevator, or by ramp.
- 10'w x 10'd x 12'h area to set up backstage tent
- *All Star Mascot Show* needs 60 minutes for set-up and 30 minutes for break-down; can be performed indoors or outdoors.
- Access to one functioning wall outlet / power supply. *Community Troupe* provides all necessary sound equipment.

### Mascot Requirements

- Private changing area for the mascot(s), or area to set up 10'x10' tent
- Mascots perform 15-30 minute meet-and-greets with a 20-30 minute break between sessions
- Mascots can perform up to three sessions in a single day for a period of up to two hours.

### Kids' Course Requirements

- A minimum 30'w x 30'd x 12' h set-up area
- Requires 90 minutes for set-up and 60 minutes for break-down
- Kids' Course operates for a maximum period of 3 hours and 30 minutes

### Resource Table Requirements

- 10-15 minutes set-up and break-down time
- Event provides 1 table and 2 chairs