

It's Your Health

A game about healthy choices

A Kaiser Permanente
Educational Theatre
Program



“Every time I walked by the Kaiser Permanente exhibit, people were having a great time. This exhibit is perfect for public health.”

– Health Department Administrator/Event Organizer

ATA GLANCE

Program Name
It's Your Health

Target Group
Large events/all age groups

Program Intent
To teach people of all ages valuable messages about health.

Program Description
A lively, engaging program based on a game show format that is used at community events to teach important messages about healthy eating and active living.

Cost
Provided at no charge for community events and non-profit organizations along Colorado's front range

Information
Mark Pergola
303.761.8054
Mark.S.Pergola@KP.org

Spin the Wheel for Better Health

It's Your Health is an interactive game designed to be presented where large crowds are gathered. Fairs, festivals and other community events are perfect settings for this lively program. By spinning a wheel and answering questions, participants learn valuable health messages. They also participate in fun, energetic physical challenges and learn four simple messages they can use to improve their health:

- Eat five fruits and vegetables every day
- Be physically active 60 minutes a day
- Spend less than 2 hours a day in front of the TV or computer
- Drink more water

Interactive Fun

With lively and humorous facilitation by the Kaiser Permanente Theatre Programs actor/educators, **It's Your Health** is engaging and educational for all ages. Participants win prizes, which are provided free of charge with this program.

Health has never been so much fun!



FURTHERING KAISER PERMANENTE'S PREVENTION EFFORTS

Kaiser Permanente, a major nonprofit health plan, brings health education to our communities free of charge through our Educational Theatre Programs. What started as a single play for elementary school children in 1985 has become a series of award-winning theatrical productions, skill-building workshops, and youth engagement programs designed to meet the unique health needs of the communities we serve.

Kaiser Permanente has assembled an ethnically-diverse group of professional actors, who also serve as skilled workshop facilitators, health educators and role models to the people they meet every day. Through theatre, Kaiser Permanente seeks to measurably improve the health of our communities.

Booking The Program

It's Your Health takes information developed by Kaiser Permanente health professionals, and presents that information in a fun, creative way that is interactive and engaging. If you are interested in booking **It's Your Health** for an event, here are a few parameters:

- A minimum 10'x10' space is needed (10' x 20' is recommended). This program includes participants joining in physical activity like jump rope and hula-hoop, so adequate space is needed.
- An event focused on or aligned with health and public outreach.
- A minimum event attendance of 300 people.
- A minimum 1 month advance notice.

As many events take place on evenings and weekends, staffing resources are limited. We cannot guarantee attendance at all events and we are unable to support an individual school's health fair.

Please contact Mark Pergola for an application, or with any questions.

303.761.8054

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“EVERYONE HAD RAVE REVIEWS OF THE KAISER PERMANENTE BOOTH. THEY ALL NOTED IT WAS SO INTERACTIVE; ALWAYS A LINE OF PEOPLE WAITING TO PARTICIPATE.”

- Event Organizer

To preview or to schedule a program, call 303-344-8054.

Visit us at our website www.ETPColorado.org