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For Immediate Release

From Silver to Gold - Mixed Company's Next 25 Years Get a Healthy Start

Toronto, December 1, 2009 – As fans, friends, and family celebrated Mixed Company 25th Anniversary on November 25, the **1st Annual STARS Awards Gala** was highlighted with the announcement of Project ACT by Ontario's Minister of Health Promotion, Honourable Margaret R. Best.

Mixed Company Theatre's unique brand of Forum Theatre will empower youth to live active lifestyles by exercising, eating nutritious, balanced meals, and avoiding substance abuse through this exciting new partnership with the Ministry of Health Promotion. An anticipated 30,000 students, from four regions of the province, in approximately 120 schools, will benefit from Project ACT as it tours throughout Ontario over the 2 year span of this program.

"Mixed Company Theatre is excited to be partnering with the Ministry of Health Promotions on this innovative project," says Nadim Allidina, President of Mixed Company's Board of Directors, "Using our proven tool of Forum Theatre, we truly believe that we can make a difference in helping Ontario youth make positive and healthy lifestyle choices."

Other memorable moments of the **1st Annual STARS Awards Gala** at the SHAMBA foundation, included sparkling commentary from MC Suhana Meharchand, the inaugural Rising Star Youth Awards presented to Susie Jaroszewska and Aidan Gowland, and from DISS, Mixed Company's acclaimed 2009 summer production, raps based on young people's experience of violence in their neighbourhoods.

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*Mixed Company Theatre produces innovative, socially relevant drama
as a tool to educate, engage and empower for positive change.*

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