



engage • educate • empower

*For Immediate Release*  
**Project ACT Races Across Ontario This Fall**

**Ontario, June 7, 2010 -**

*“Empowered youth get involved when they can explore, discover and feel they have a voice. Mixed Company Theatre provides an opportunity for witnessing and then participating. A perfect mix to create safe dialogues about important health issues and weeks of integrated follow up activities that help build healthy communities. This show inspires everyone involved to re-think, re-work and reinvent themselves.” - Patricia Gough, Artsaround Program Director & Retired Elementary Principal*

Mixed Company Theatre announces the Project ACT Tour, with performances in all four corners of Ontario this Fall. An exciting new province-wide initiative between the Ontario Ministry of Health Promotion and Mixed Company Theatre, Project ACT focuses on Physical Activity, Healthy Eating and Substance Misuse Prevention.

Following the success of the pilot, Project ACT now tours to 120 schools throughout the province, helping students in grades 7-9 recognize and overcome the barriers that prevent them from leading active, healthy lives. Developed in collaboration with Ontario youth and National Health Organizations, this interactive presentation empowers students to incorporate the Foundations for a Healthy School into their lives and communities.

Mixed Company Theatre’s three-tiered approach to empowering students is supported by the Ontario Ministry of Health Promotion and many health and wellness experts. Project ACT will tour to the following regions:

**NORTHERN ONTARIO**

*Thunder Bay: September 27 - October 1  
Sudbury: October 4 - 8  
North Bay: October 11 - 15*

**EASTERN ONTARIO**

*Ottawa: October 18 - 22  
Kingston: October 25 - 29*

**WESTERN ONTARIO**

*Windsor: November 1 - 5  
Hamilton: November 8 - 19*

**CENTRAL ONTARIO**

*Halton & Peel Region: November 21 - 25  
York Region: November 28 - December 3  
Durham Region: December 6 - 10  
Toronto Region: December 13 - 17*

Schools and community centres seeking to engage youth are encouraged to contact Mixed Company Theatre to book a performance on the Project ACT tour.

“Mixed Theatre Company has done it again!,” says Lesley Cunningham a Social Worker with the Hamilton Wentworth District School Board, “Project ACT is a wonderfully interactive performance which engages students from the first second. This production deals with healthy life style choices but does not ‘preach’ at students, rather engages them in thinking about the implications of their choices in a manner which invites their input and values their suggestions.”

- 30 -

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

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