



How to implement the leader's kit

Every resource has a purpose! Download the leader's kit at UMCAbundantHealth.org/Hulapalooza.

Planning resources

- **Hulapalooza planning guide:** This guide outlines all of the details you need to know about the event; it offers lots of ideas, tips and tools.
- **Circle of Care Health Fair planning guide:** This guide outlines everything necessary for a health fair; plan your fair as part of Hulapalooza or separate from it...it's up to your congregation!
- **Registration information:** Photo and medical release forms are necessary steps that participants should complete at the registration table.
- **Well-Rounded Potluck recipes:** A healthy potluck is a perfect community-building activity to have during your event; here are some recipe ideas!
- **Post-event survey:** This survey will help you gather participant and volunteer feedback after the event.

Artwork & graphics

- **PowerPoint slides:** These slides will help you build awareness and excitement for your event; be sure to customize them with your own event details.
- **Poster (2 sizes available):** Customize the white space at the bottom of the posters with your event's date, location, time, etc. and hang them on bulletin boards throughout the community.
- **T-shirt artwork:** See page 2 of this document for full details!
- **Event graphic (2 versions available):** This graphic can be placed on your website, bulletin or other promotional items.
- **Banner signage (2 sizes available):** Customize the white space at the bottom of the banners with your event's date, location, time, etc. before sending them to your print vendor. Hang banners outside to invite passersby to join you for the event.
- **Yard sign:** Customize the white space at the bottom of the yard sign with your event's date, location, time, etc. before sending them to your print vendor. Ask congregants to place them in their yards as an invitation to their neighbors.

How-to guides & activities

- **How to Hoop video:** Make time on the event agenda to watch this video as a group so that all of the participants can learn how to hula-hoop!
- **Hula-Hoop building:** Dollar store hoops are often too light and too small for most people to use; build your own hoops before or during your event as a hands-on activity.
- **Hoop games (5 available):** These games can be adapted so that all ages can participate!
- **Hoop art projects (3 available):** Everyone can come together to turn a hoop into a work of art.
- **Body Prayer:** Incorporate this prayer into the event to give praise to God for abundant health!
- **Abundant Health Game with John Wesley:** Participants can learn about Wesley's thoughts on health while they discover practices they might already incorporate into their daily lives.
- **Small group study:** This 5-week study will help Sunday school classes and other small groups connect Jesus' ministry as a healer with our call to be sources of healing today. It can be adapted so that all age groups can participate!

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Advertising

- **Social media posts & ideas:** These tips and ideas will help you utilize social media to get the word out about your event.
- **Press release template:** This template helps you tell local media about the event; customize the release and send it to newspapers, television stations and any reporters who might cover your story. This will boost community awareness and attendance!
- **Suggested promotional messages:** Customize and use this messaging, tailored for your internal and external audiences, to build awareness and excitement for the event.

How to order T-shirts

Incorporating branded T-shirts into Hulapalooza is a fun way to add some excitement for attendees. You can either give away shirts as a thank you to participants, or you can sell shirts as a fundraiser for the Global Health initiative via The Advance #3021770.

You can download print-ready vector .eps files of the shirt artwork, front and back, on the Hulapalooza website. Once you identify a screen printing vendor, send them the two .eps files along with the below image showing what the shirts should look like:



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