



Hulapalooza Promotional Messages

Get the word out about your event!

Message for your congregation (adapt and edit for your various print, digital and verbal channels):

We are hosting a joyful celebration of abundant health called Hulapalooza! United Methodists around the world are hula-hooping their way to vibrant mental, physical and spiritual well-being. Be a part of the fun. You don't need to know how to hula-hoop – you'll learn how to hoop at the event. All are welcome, regardless of age or ability!

Hulapalooza will be on *[day, date]* at *[time]* at *[place]*. We won't just be hooping...you can also expect other activities such as *[list of activities at your event, such as hoop-making, hoop art, games, worship, missional activity, Bible study, Circle of Care Health Fair, food trucks, etc.]*. Invite your friends – this is a great opportunity for us to reach out to the community!

To learn more about the event, *[visit website, check Facebook page or contact coordinator]*, and to volunteer to make the event a success, contact *[coordinator name]*. You can find information about the denominational Abundant Health initiative at UMCAbundantHealth.org.

Message for the community (community calendars, social media, etc.):

Join us for a joyful celebration of abundant health! *[church name]* is hosting Hulapalooza, a free hula-hoop themed event, on *[day, date]* at *[time]* at *[place]*. Be a part of the fun and invest in your mental, physical and spiritual well-being. All are welcome, regardless of age or ability! You don't even need to know how to hula-hoop – you'll learn how to hoop at the event.

We won't just be hooping...you can also expect other activities such as *[list of activities at your event, such as hoop-making, hoop art, games, worship, missional activity, Bible study, Circle of Care Health Fair, food trucks, etc.]*. To learn more, *[visit website, check Facebook page or contact coordinator]*.

HOOP YOUR WAY TO ABUNDANT HEALTH!