Dear [Theater Organizer's Name],

I hope this message finds you well. I am writing to inform you that, regrettably, I must cancel my participation in [Name of the Theater Production/Event] due to health concerns. My health is my top priority at this time, and I feel it is best to step back.

I sincerely apologize for any inconvenience this may cause and appreciate your understanding. I was looking forward to contributing to the production and hope to remain involved in future events once I am well.

Thank you for your support and understanding.

Warm regards,

[Your Name]
[Your Contact Information]
[Date]