

# ACT HAPPY.com

Prescribing happiness is good medicine!



Dr. Dale Anderson, M.D.

**BUSINESS**  
ACT HAPPY PROGRAM



Dr. Dale Anderson presents,  
ACT HAPPY! LIVE IT UP!  
LAUGH for the "Health of It"  
CREATE the "Chemistry" of Peak Performance

Program Description: Live it "UP"  
Get your BUSINESS act together! This program prescribes and dispenses acting METHODS that turn on the chemistry of health, happiness and SUCCESS. These up-beat theater methods unlock the bio-cellular pharmacy that enables you to live it up.

Curtain UP! ACT NOW! ACT WELL!

To BE or not to BE ★ To DO or not to DO  
That is the ANSWER! ★ That is the QUESTION!

- Benefits: *Getting the HAPPY ACT Together for business, education, & life*
- Understand the mind-body "chemistry" of a Successful Performance.
  - Experience how "acting an UP beat part" generates success.
  - Discover how the medical arts and the theater arts when combined
    - produce DRAMATIC creative benefits.
  - How Successful Peak Performers ACT UP to become TRUELY REAL.

Dale Anderson, MD, fills and dispenses a joyful prescription of proven theater techniques that "set the stage" to enhance a winning, successful performance. He shares the skills used by METHOD actors to create and experience the "chemistry" of being turned on. When you and others "get it", the sale/deal is done - bank on it.

In this presentation the metaphor of the theater is used to help the audience learn how to create and experience the "METHOD" of performing a happy, fun role-----everyday. They are encouraged to perfect techniques to direct, stage, script, costume and ACT ON the "chemistry" that produces greater health, wealth and happiness!

(if programs over 75minutes) Those attending will also learn how to “conduct themselves WELL”! Conducting batons will be distributed and the group will “stick together”. Attendees will become J’ARMers. And - JARM’ing (Jogging with ARM’s) is more fun than you can “shake a stick at”.

Program participants say, “YES, indeed, ACTing a happy part WELL - dramatically sets the stage for individuals, families and businesses to get a WELLderly, Peak Performance act together - WELL. Clearly, when WELLderly, Peak Performers put ON a happy, healthy, and SUCCESSFUL ACT - they live longer - they feel better - they enjoy more income - they WIN! BRAVO! BRAVO!  
You can bank on IT!



#### QUALIFICATIONS:

Dale Anderson, MD— practiced many years as a family doctor, board-certified surgeon and board-certified emergency physician. In 2001 he became board-certified and a Founding Diplomat of the American Board of Holistic Medicine. He is a member of the American Medical Association, the Minnesota Medical Association, the Mayo Clinic Alumni Association, the American College of Surgeons, the American Holistic Medical Association, the National Association of Senior Health Professionals. He is a member of the National Speakers Association, and past president of the MN Speakers Association and the National Medical Speakers Association. He is a retired Clinical Assistant Professor at the U of MN Medical School and past board member of the U of MN Medical School Alumni Association and the U of MN Alumni Association. Also a Member of the Association of Applied and Therapeutic Humor Society of Arts in Healthcare, and certified as a leader of matter of Balance and Laughter Yoga

As a keynote/seminar speaker, this Minnesota “farm boy” prescribes METHOD acting techniques to more than 40 audiences around the world each year. His forth book NEVER ACT YOUR AGE received a National Senior Media Award, a National Health Information Award and a FOREWORD MAGAZINE Award. He was a recipient of a BEST SPEAKER AWARD from Minnesota Meeting and Events Magazine and was honored as a National Speakers Association/MN MEMBER OF THE YEAR. Was inducted to the Minnesota Speakers Hall of Fame by NSA/Minnesota colleagues in 2011.

Dr. Dale Anderson spearheads and promotes the Minnesota ACT NOW Project. He is building a coalition of dramatic artists who think medically - and medical artists who think dramatically. The ACT NOW Project identifies theater techniques that when played OUT in everyday-life turn ON the chemistry to ACT WELL.

Chase’s Annual Calendar of Events  
ACT HAPPY DAY/WEEK-----3rd Monday, March  
and WELLDERLY DAY/WEEK-----3rd Monday, March