

ACT HAPPY

Precribing happiness is good medicine!



Dr. Dale Anderson, M.D.

CREATIVE
ACT HAPPY PROGRAM



Dr. Dale Anderson presents,
ACT HAPPY! LIVE IT UP!
LAUGH for the "Health of It"
MAKE a JOYFUL NOISE unto the LORD!

This "show" is about why happiness and humor are important "parts" of the SPIRITUAL character. Participants will discover how to treat themselves, their families and their associates "WELL"---and INjoy DRAMATIC results!

In this One Man Medicine Show" the PERFORMING ARTS are used to encourage an audience to discover the "METHOD" of staging a happy, fun, SPIRITUAL role-----everyday. They create and perfect techniques to ACT ON the DIVINE "chemistry" that produces greater health, wealth and happiness!

Curtain UP! ACT NOW! ACT WELL!

To BE or not to BE
That is the ANSWER!



To DO or not to DO
That is the QUESTION!

Objectives and Benefits---

Open the cellular pharmacy and dispense a Physiology of
DIVINE PEAK PERFORMANCE

Master the skills that DRAMATICALLY help "get an act together"---WELL.
Create contagious laughter and good "FEELINGS" that spread an infectious HAPPYdemic.

This "show" is about how "playing IT happy" contributes to better individual, family, social, community and work site health. **Spiritual, Peak Performers** will discover how to treat themselves, their students and themselves. You can 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 is more fun than you can “shake a stick at”.

Program participants at this “one man medicine show” will 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—has practiced for over 47 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 Mayo Clinic Alumni Association, the American College of Surgeons, the American Holistic Medical Association, the National Association of Senior Health Professionals and on the advisory board of Today’s Health and Wellness Magazine. He is a member of the National Speakers Association, the National Association of Medical Communicators and past president of the MN Speakers Association and the National Medical Speakers Association. He is an emeritus 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.

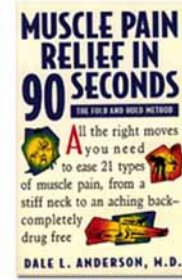
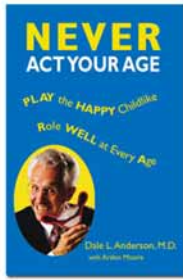
As a keynote/seminar speaker, this Minnesota “farm boy” prescribes METHOD acting techniques to more than 75 audiences around the world each year. His forth book NEVER ACT YOUR AGE was given a 2003 National Senior Media Award, a 2003 National Health Information Award and a FORWARD MAGAZINE 2003 Award. He was the recipient of the 2003 BEST SPEAKER AWARD from Minnesota Meeting and Events Magazine and was honored as the National Speakers Association/MN MEMBER OF THE YEAR 03/04.

Dr. Dale Anderson is the coordinator of the Minnesota ACT NOW Project-- 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.

ACT HAPPY DAY Founder- See Chase’s Annual Calendar of Events

ACT HAPPY DAY/WEEK-----3rd Monday, March---annually
and WELLDERLY DAY/WEEK-----3rd Monday, March---annually

Author of four books...



Program SYNOPSIS----

TURN IT ON! Experience medically proven, FUN skills that set the stage to dramatically benefit health and WELL-being. Yes, METHOD ACTING theater techniques can IN-ACT a CHEMISTRY that turns ON success, vitality and longevity. INNERtain a happy, age-LESS physiology that plays out WELL. Live it UP and Laugh for the Health of IT!

Quote-

Dr. Dale Anderson, a self proclaimed DRAMATOLOGIST aka the AGED SAGE of the VINTAGE STAGE and/or Dr. WELLderly says-----"In 47 years of medical practice it has become increasingly evident that patients who INNER-tain a happy, humorous, "chemistry" create healing "miracles" that "play out" with dramatic health benefits. I have dispensed UP-beat METHOD ACTING by prescription to thousands. An RX that IN-ables one to set the stage for a happy, humorous role in the THEATER OF LIFE.

Get the act together and BE a HO-HO-HO HOLISTIC, "happy, go-lucky, go-healthy-STAR."



Special Instructions to Meeting Planner-

For PR This material can be rearranged for flyers etc.

Pictures of Dr. Anderson can be downloaded online at acthappy.com under resources.

Copies for handouts can be furnished, sent by email or downloaded online at acthappy.com

Books can substitute as handouts at 50% book price


Media interviews are welcome.

Articles for in-house, business or trade group publications are available at no charge.

AUDIO-VISUAL NEEDS

CORDLESS lapel microphone.

RISER----12-18" if available for audiences over 200



AND/OR FEDERAL LAW PROHIBITS TS

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BELLY LAUGH 15 SECONDS TWICE DAILY

REFILL AS MANY TIMES AS NEEDED EXP: NONE

