

ACT HAPPY.com

Prescribing happiness is good medicine!

 Dr. Dale Anderson, M.D. **HEALTH CARE**
ACT HAPPY PROGRAM



Dr. Dale Anderson presents-
ACT HAPPY! LIVE IT UP!
LAUGH for the HEALTH of IT!
HO-HO-HO HOLISTIC MEDICINE

This “medicine show” prescribes and dispenses acting METHODS that turn ON the chemistry of success, health and happiness. These scientific “UP”-beat METHOD ACTING skills unlock a bio-cellular pharmacy that INables one to get “high” on life.

The Art of SHAMANISTIC THEATER is used to explain how to create and experience the “METHOD” of performing a HAPPY part WELL.

Health Professionals and self-care providers will be encouraged to perfect techniques that - direct, stage, prop, script, costume and TRANCE-ACT a happy “chemistry” - A physiology that will IN-sures DRAMATIC holistic, health benefits!

Curtain UP! You’re ON! ACT NOW!

To BE or not to BE
That is the ANSWER!



To DO or not to DO
That is the QUESTION!

HEALER/PERFORMER/PATIENT BENEFITS & OBJECTIVES

Discover/Examine/Experience and Utilize-

- How acting a part WELL, INNERtains *both* HEALER and patient.
- The medical science of the happy mind/body physiology.
- How the medical arts can prescribe theater arts to Turn ON a healthy/happy/healing “chemistry”.
- How to set the stage to spread a healthy, HAPPY-demic.
- How the Healer/Performer plays the LEAD - becomes -
 - The “role model”, The STAR, The Shamanistic healer!
- Why the Healer/Performer must PLAY IT UP to experience
 - DRAMATIC, curative success. For Patient and for SELF!

(if programs over 75 minutes)

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”.

OUTLINE

HO-HO-HOLISTIC Health Care Provider—ACT NOW! *Live it UP! And Laugh for the HEALTH of IT!*

I. The Patient Actor— INNER-taining the Chemistry of a part

I. The sick who act well, the well who act sick, the young who act old and the old who act young.

II. Psycho-neuro-physiology of the successful/happy/healthy role

I. Mind/Body benefits

II. Social benefits

III. The ACTitude Assessment----getting the act together

I. Aroma, color, taste, sound, costume, posture, pose, movement, props etc.

IV. The Wisdom of Constantin Stanislavski---Quotes by founder of THE METHOD

V. The Actors' CRIB SHEET---UP, OUT and FORWARD

I. Body, face, eyes, motion, breath, voice, thoughts, cast, stage etc.

VI. The Laughter Prescription and the Laughter Masque



QUALIFICATIONS:

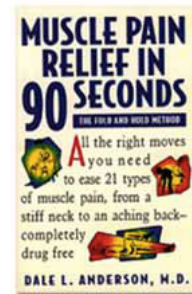
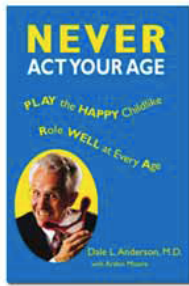
Dale Anderson, MD— practiced many years as a family doctor, board-certified surgeon and board-certified emergency physician. In 2001 he became board-certified and a Founding Diplomat of the American Board of Holistic Medicine. He is a member of the American Medical Association, the MN Medical Association, 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. 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. Dr. Dale Anderson is a member of the Association of Applied and Therapeutic humor Society of Arts in Healthcare, and certified leader Laughter Yoga and Matter of Balance.

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 recipient of a BEST SPEAKER AWARD from Minnesota Meeting and Events Magazine and was honored twice 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 theatertechniques 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

Author of several 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 M.D., aka a DRAMATOLOGIST, the AGED SAGE of the VINTAGE STAGE and/or Dr. WELLderly, who says, “in 50 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.” He has dispensed an UP-beat METHOD ACTING 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-healthy-STAR
The Benefits - Dramatic!

Special Instructions to Meeting Planner-

For PR This material can be rearranged for flyers etc.

Pictures of Dr. Anderson can be downloaded from website/resources.

Copies for handouts can be furnished by email, or downloaded from website/resources.

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



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BELLY LAUGH 15 SECONDS TWICE DAILY

REFILL AS MANY TIMES AS NEEDED EXP: NONE

