

ACT HAPPYTM.com

Prescribing happiness is good medicine!



Dr. Dale Anderson, M.D.

WELLDERLY
ACT HAPPY PROGRAM



Dr. Dale Anderson presents,
ACT HAPPY! LIVE IT UP!
LAUGH for the “Health of It”
Be an AGEless WELlderly STAR!

Program Description: Live it “UP”

Getting the WELlderly act together! This “medical show” prescribes and dispenses theater skills that turn ON the chemistry of enhanced health, wealth and happiness. These “UP”-beat METHODS unlock a cellular pharmacy that INables one to become “high” on life. To become an INNER-tainer. A WELlderly STAR at/in/on every stage of life. It’s not the same OLD ACT, anymore!

Curtain UP! ACT NOW! ACT WELL! You’re on!

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

Understand the mind-body “chemistry” of a WELlderly Performance.
Experience how “acting an UP beat part” generates success.
Discover how the medical arts and the theater arts when combined produce DRAMATIC health benefits.
How **WELlderly Performers** ACT UP to become TRUELY REAL.

This “show” is about how “playing IT happy” contributes to better individual, family, social, community and work site health. **WELlderly, Peak Performers** discover how to treat themselves, their friends, associates, and families “WELL”. 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 (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

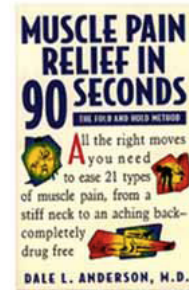
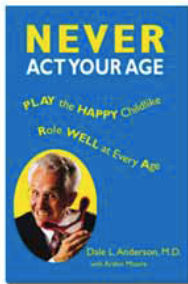
As a keynote/seminar speaker, this Minnesota “farm boy” prescribes METHOD acting techniques to more than 40 audiences around the world each year. His forth book NEVER ACT YOUR AGE received a National Senior Media Award, a National Health Information Award and a FOREWORD MAGAZINE Award. He was a recipient 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

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.



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

