

ACT HAPPY

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 "one man 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.

Holistic health 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 ★ **To DO or not to DO**
That is the ANSWER! ★ 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---is---

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**
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**
Mind/Body benefits
Social benefits
- III. **The ACTitude Assessment----getting the act together**
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**
Body, face, eyes, motion, breath, voice, thoughts, cast, stage etc.
- VI. **The Laughter Prescription and the Laughter Masque**



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.

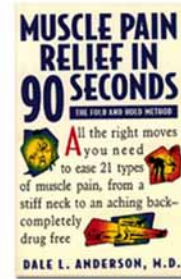
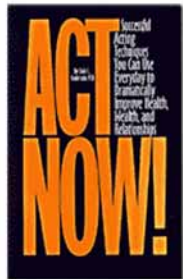
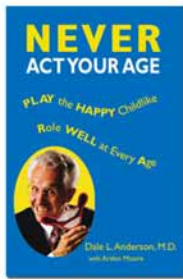
As a keynote/seminar speaker, this Minnesota "farm boy" prescribes METHOD acting techniques to more than 75 audiences around the world each year. His forth book NEVER ACT YOUR AGE was given a 2003 National Senior Media Award, a 2003 National Health Information Award and a FOREWARD MAGAZINE 2003 Award. 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

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| AND/OR FEDERAL LAW PROHIBITS TF |  | Dr. Dale Anderson, MD 2982 Owasso Blvd. St. Paul, MN 55113 | ACT HAPPY |
| | PHONE> | Rx 651-484-5162 | |
| | EMAIL> | dr@acthappy.com | |
| | BELLY LAUGH 15 SECONDS TWICE DAILY | | |
| | REFILL AS MANY TIMES AS NEEDED EXP: NONE | | |