

ACT HAPPY! LIVE IT UP! LAUGH for the HEALTH OF IT!

“GOOD MEDICINE.” Dr. Dale Anderson prescribes CREATIVE, Holistic, Acting METHODS that turn on the “chemistry” of health, wealth and happiness. These upbeat methods unlock a cellular pharmacy that IN-ables individuals to HOLISTICALLY get “high on life.” Those attending will experience METHOD ACTING theater skills that turn on the physiology of a happy, fun and HEALTHY performance - every day---in/on/at every stage of life. Discover how to master techniques for directing, staging, scripting, costuming and acting on the “chemistry” of a “wished for” character. The benefits are DRAMATIC.

Now science agrees, “GRANDMA WAS RIGHT”—when we put on a happy, fun act, we perform WELL. We become role models for others. We’re less stressed, more energetic AND we feel more alive! We feel better, are healthier, more CREATIVE, more PRODUCTIVE, more successful! Happy, HOLISTIC Peak Performers can bank on IT!

To BE or not to BE-----that is the ANSWER!
To DO or not to DO-----THAT is the Question

In this one-man MEDICINE SHOW the metaphor of the theater helps the audience discover how to treat themselves and their clients, colleagues and families “WELL”. Create and experience the “METHOD” of performing a happy, fun role-----everyday. Perfect techniques to direct, stage, script, costume and ACT ON the CHEMISTRY of HEALTH, SUCCESS and HAPPINESS.

Also, learn how to "conduct yourself WELL"! Experience how to "stick together". How to **J'ARM**. (Jog with the **ARMs**). It's more fun than you can "shake a stick at". Orchestra Conductors are **J'ARMers** who live, on average, 5 years longer.

SHORTER VERSION for PR

This HOLISTIC MEDICINE SHOW prescribes and dispenses LAUGHTER, METHOD ACTING and STAGE skills that TURN ON the CHEMISTRY of success. These UP BEAT, scientifically proven, techniques unlock an inner bio-cellular pharmacy that gets us HIGH on life.

TRANCE-mit this HAPPY CHEMISTRY to others and—everyBODY INjoys the DRAMATIC benefits.

Be a STAR.
Be a ROLE MODEL.
Be GOOD MEDICINE.

BENEFITS: Continuing Education Objectives/Learnings

Explore, Understand, MASTER— METHOD ACTING for Health, Happiness and Success.

1. How a Happy/Healthy Chemistry can be TURNED ON for DRAMATIC health/success benefits.
2. How HOLISTIC Techniques of METHOD ACTING are prescribed for provider/teacher and patient/student/client can play the
3. How both the health HAPPY role WELL.
4. How/which aromas, colors, tastes, sounds, movements and costumes access the CELLULAR PHARMACY.

To BE or not to BE----that is the ANSWER!

To DO or not to DO----THAT is the Question.

And/or

Master how “acting a Happy age-LESS part” generates a youth-full physiology.

Experience the mental/medical “chemistry” of the happy mind/body.

Discover how health care can use the dramatic arts to IN-able a childlike “chemistry”.

Recognize how to become an INNER-tainer and to IN-joy DRAMATIC health benefits.

Curtain UP! You’re ON!

And/or

1. Examine how to turn on the “chemistry” of a creative HOLISTIC ACT.
2. Test the mind-body “chemistry” of creative peak performance.
3. Diagnose how acting an upbeat part generates success.
4. Discover how a CREATIVE PEAK PERFORMER must at times, “fake IT” to become truly, REAL.