

Cynthia Shelby-Lane, M.D.

March 2015 Calendar

Dr. Cynthia Shelby-Lane is a comedienne, anti-aging specialist and talk show host who believes laughter is good medicine. As the creator of CASL (Cynthia Ann Shelby-Lane) Productions, Inc., she combines her two passions: laughter and medicine.

Dr. Shelby-Lane is a nationally recognized and in-demand keynote speaker, trainer, and consultant at conferences and events promoting the health benefits of humor. A practicing physician and experienced stand-up comedienne, her high energy, laugh-out-loud programs are as entertaining as they are informative in delivering her important message.

In continuing her research, Dr. Shelby-Lane earned certification as a "Happiness Master," qualifying her to speak about the "Seven Habits of Happy People." She is dedicated to encouraging others in the pursuit of happiness, addressing mental health issues, and promoting her strong belief of "Laugh More/Live Longer."

Dr. Shelby-Lane is a favorite television and radio guest who educates listeners on a variety of health issues. On her own radio series, "Dr. Shelby-Lane & The Medicine Show," she emphasizes the therapeutic and healing power of laughter. She also coauthored the book, *Getting Things Done:*



Keys to a Well Balanced Life.

Dr. Shelby-Lane has joined forces with a team of Hollywood producers and filmmakers for LaughMD.com, which is dedicated to bringing humor into hospitals. The goal is to prove humor is healthful for patients, family and staff. Another aspect of her career is working with Dr. Patch Adams and his innovative Gesundheit! Institute (www.patchadams.org) to carry their message of healthful laughter worldwide. Her motto: "Keep laughing!"