

## National and International Media

Las Vegas Tribune: Sept. 27th, 2006  
Health and Fitness feature: Humor can help you feel better

August 2003: Broker Magazine  
Defeating Stress

November 2002: Best Practices in HR  
Handling inappropriate humor in the workplace

July/August 2000: Arthritis Today Magazine:  
*Shining Lights*

February / March 1999: Arthritis News  
Journal: **United Kingdom:** *Laughing Away the Pain*

October 1998: Your Health Magazine:  
Laughing At Pain

1998: **Korean Broadcasting System:** Video  
Documentary- Understanding health and Stress,  
Seoul, Korea

Fall 1997: Health Beat, Quarterly Magazine on  
Wellness: *Laugh It Off!*

October 1996: Tucson Lifestyles: Volunteers  
make A Difference



## RAVE REVIEWS

Thank you for your excellent presentations at the University of Arizona Arthritis Center. Several people approached me with such nice compliments about your session.

Michelle C. RN  
Arizona Arthritis Center Coordinator

Your presentation, *Stress Reduction* helped make the conference a great success! Thank you for an excellent and informative presentation! It was truly a wonderful treat. Attendees rated your presentation the highest – for usefulness, quality of presentation, knowledge gained and objectives met.

Nola H. RD  
Training & Conference Coordinator  
State of Nevada Health Division

Your “R.E.A.C.H.” for Humor” workshop was fantastic! I was very happy with how you encompassed our theme into your presentation and have received only “Thumbs Ups” from the employees who attended.

Eunice P.  
City of San Jose, Training Committee Member

The Annual School Health Nursing Seminar was a great success, thanks to YOU!

Dianne F. Conference Manager

Your presentation received the highest ratings!  
Sunny C. Valley Pediatric Conference Committee

Without exception the participants felt your presentation was “great!”

Bill C. New Mexico Society of Respiratory Therapists.



David M. Jacobson, MSW

## Media quotes

“David Jacobson won’t let arthritis defeat his body or his spirit.” (Your Health magazine)

Would Someone like David Jacobson ever say I just can’t do it?” (Arthritis Today Magazine)

“Arthritis has hobbled him. It has not slowed him down” (PBAA Journal)

Arthritis has altered David Jacobson’s lifestyle, not his enthusiasm.” (Arizona Daily Star)

David left them laughing after proving that humor can help you forget the pain for awhile.” (Green valley News)



David was told arthritis would land him in a wheelchair by the time he was 30. That was when he was a 22-year-old athlete who'd be blind-sided by a massive flare-up of arthritis.

Ten years later at 32, he completed a 50-mile unicycle ride for an Arthritis Foundation fundraiser.

## Accomplishments

President's Eagle Award  
Flashnet Marketing, Inc.

National Hero Overcoming Arthritis Award  
Arthritis Foundation National Office

Wayne Washburn Memorial Award for  
inspiration

Lifetime Achievement Award:  
Arthritis Foundation

National Speaker's Association Professional  
member since 2000

Licensed Clinical Social Worker and master's  
level psychotherapist

Governor's Office for Children: Children's  
Justice Task Force

University of Arizona: College of Medicine  
Former Instructor

Arizona State University: School of Social Work:  
Former Instructor:

El Tour de Tucson: Jim Elliot Award and Silver  
Medalist

National Association of Social Workers Former  
Arizona State Board member

Master of Social Work, Arizona State University  
Tempe, AZ 1989

Bachelor of Arts: Sociology, Cum Laude, State  
University of New York, Brockport, NY, 1980

## Co-author of Conversations on Health and Wellness

## Featuring



**DR. JOHN GRAY**  
Best Selling Author of  
*Men Are From Mars,*  
*Women Are From Venus*



**DAVID M. JACOBSON, MSW**  
Speaker, Author, & Expert  
In Humor And Health



**DR. EARL MINDELL**  
Best Selling Author of  
*The Vitamin Bible*



**DR. NORMAN ROSENTHAL**  
Author of *Winter Blues:*  
*Seasonal Affective Disorder*

## Humor Horizons:

Keynotes and Workshops

## Keynote Presentation

### The 7 ½ Habits of Highly Humorous People

**This Keynote explains the 7 ½ Habits of Highly Humorous People and how they help improve health, improve your sense of humor and decrease your stress.**

#### Objectives:

Learn the 7 ½ habits that can improve your health and life balance through the use of humor.

Focus on the serious implications and uses of humor in the workplace, at home and other settings.

Learn strategies to help yourself and others develop a more playful lifestyle.

**Keynote: Humor and Health:  
Laughing to Ease the pain**

#### Humor and Team Building:

Build a humor foundation and you'll have a great home... team

See team members in a new more positive light

#### Humor and Communication:

Become a master of communication and have fun doing it.

Learn listening skills for everyday use

#### Humor and Diversity:

Use humor to decrease prejudice.

#### Humor and Leadership:

The role of humor in great leadership