

THE LIFT PROJECT



**Rochester Lifestyle
Medicine Institute**

Rochester Lifestyle Medicine Institute (RLMI) is
a 501(c)(3) non-profit organization
Teaching skills, not selling products...



The Lift Project is a holistic program that improves overall health using the latest findings from positive psychology, lifestyle medicine, and neuroscience and is certified by the American College of Lifestyle Medicine (ACLM).

Rochester Lifestyle Medicine Institute offers this live facilitated program via Zoom that meets one hour per week for ten weeks. While the group facilitated version is popular, a self-paced version of the course is also available.

Presented in an enjoyable and understandable manner, lessons include the power of speaking positively, moving dynamically, immersing in uplifting physical and social environments, focusing on the positive, eating nutritiously, sleeping restfully, stressing less, and serving others.

⌄ **+22%**
VITALITY

⌄ **-42%**
DEPRESSION

⌄ **-38%**
ANXIETY

⌄ **-31%**
STRESS

- The Lift Project is evidence-based and draws from over 300 studies.
- The program effectiveness has been investigated and the findings presented at academic conferences and in published peer-reviewed journals.
- A randomized controlled trial has shown significant reductions in depression, anxiety, and stress, and improvements in vitality and life satisfaction (see figures above).

Learn more, view the schedule, and register here:
RochesterLifestyleMedicine.org/lift-project/



If you have questions or have financial barriers, please contact us at
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