LIVE. MORE.
the lift project

When difficulties arise, it’s important to remember to take the time to care for ourselves as we adapt. Empower yourself with the right tools to reach your full potential and truly live for more. A team of experts has developed a fun and uplifting program that focuses on simple lifestyle changes to help you on your journey - it’s called The Lift Project.

WHAT IS THE LIFT PROJECT?

The Lift Project is a virtual ten-part educational adventure that is both fun and engaging!

Each lesson is specifically designed to lift your mood and your life using the latest findings from positive psychology, lifestyle medicine, and neuroscience.

WHAT’S INCLUDED?

For $149*, our trained facilitator will walk you through ten (one-hour) lessons over Zoom, featuring Dr. Darren Morton. The lessons are filled with scientifically proven methods to promote a healthier lifestyle. Registration includes online articles, weekly challenge videos, and a digital workbook.

* A $50 discount is available for those referred by their medical provider.

WHY WAIT? JOIN TODAY AND LIFT YOUR MOOD!

To register or to learn more about how The Lift Project can positively impact your life, visit our website at www.roclifemed.org or call us at 800-710-7564.

info@roclifemed.org
1335 Jefferson Rd. #23191 Rochester, NY 14692

Rochester Lifestyle Medicine Institute

rev0323.01