

# Live Your Best Life

*the lift project*

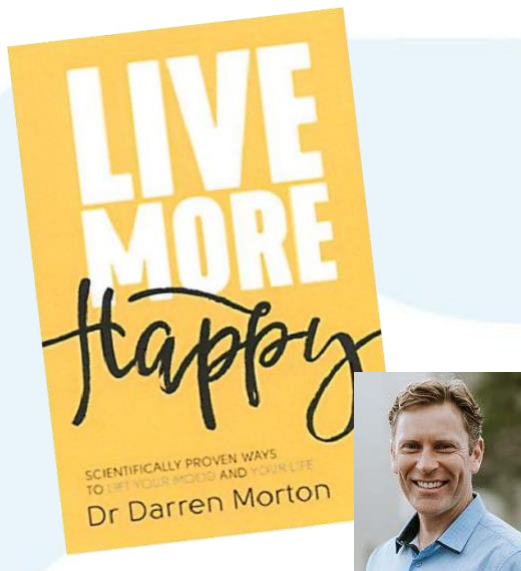
... By Dr. Darren Morton

**Internationally Recognized Lifestyle Medicine Expert**

## **10 Week Program Includes Weekly Sessions**

Ten fascinating lessons are included in this online educational adventure designed to lift your mood and your life:

- Your Limbo is Listening
- Motion Creates Emotion
- Blue & Green be Often Seen
- Together Feels Better
- Feelings Follow Your Focus
- Food Feeds Your Mood
- Rest to Feel Your Best
- Stress Less
- Giving is Living
- What Does it Take to Flourish?



### **Upcoming Sessions**

**Virtual Sessions  
Offered through the Healthy Life Center  
Coconut Point**

**August 11th – October 13th**

**Tuesday, 11:30 a.m.- 12:30 p.m.**

**For more information, please go to [www.healthylee.com](http://www.healthylee.com) Click on Events, then LIFT Project to register. You may also call 239-468-0050 to RSVP.**

