

Live Your Best Life

the lift project

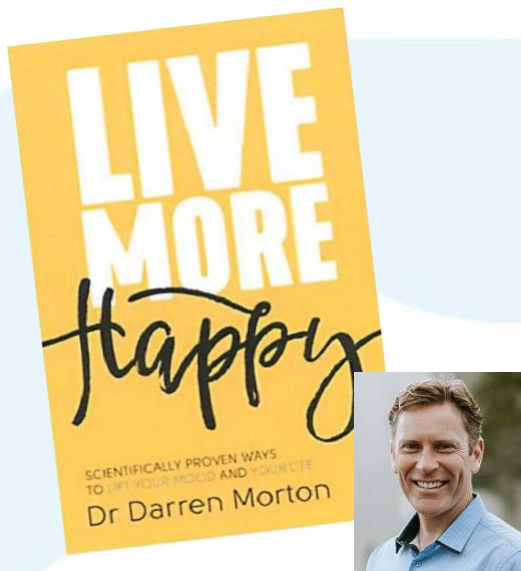
... By Dr. Darren Morton

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**

Please call for more information

For more information, please go to www.healthylee.com Click on Events, then LIFT Project to register. You may also call 239-468-0050 to RSVP.

