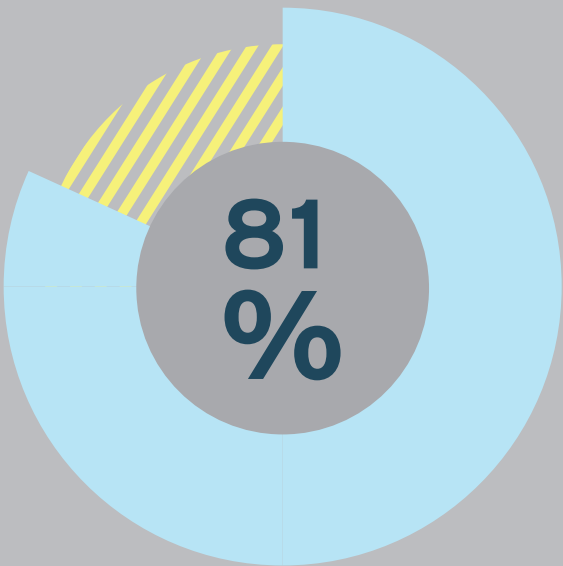


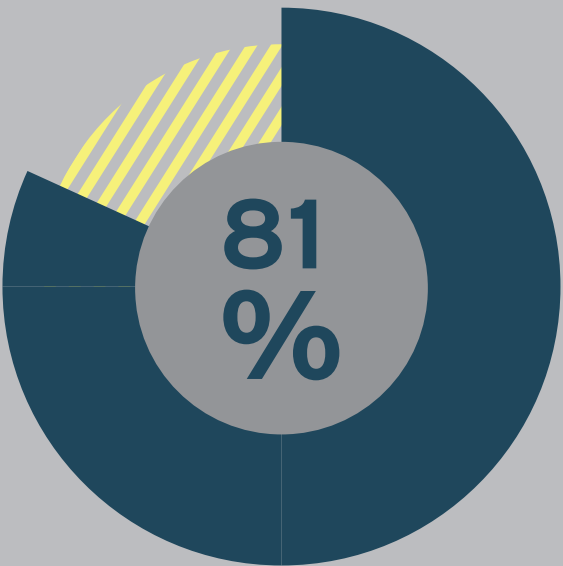
Steuben Area Schools and Smola Consulting registered over 250 people in The Lift Project in 2024! Here's what some of them had to say:

Participating in The Lift Project...

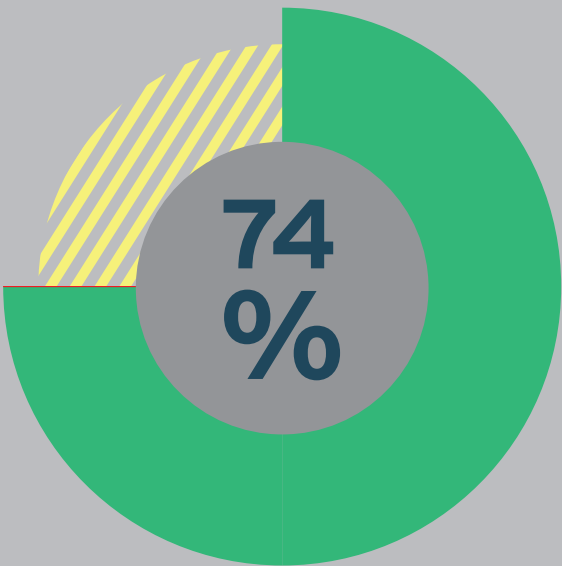
improved my mental health and wellbeing.



gave me skills for supporting my mental health and wellbeing during challenging times.



will be likely to have a positive, long-term influence on my wellbeing.



81% would recommend The Lift Project to a friend!

I honestly loved all parts of The Lift Project; it was so comprehensive, well thought out, well-organized, and I connected with powerful insights in every lesson.



“

I like that The Lift Project helps you to focus on one healthy habit each week, so that it doesn't feel too overwhelming. It makes change more manageable so that those healthy habits are more likely to stick. I also loved that there are two versions of learning material each week, and the videos were fun and interesting.

”

