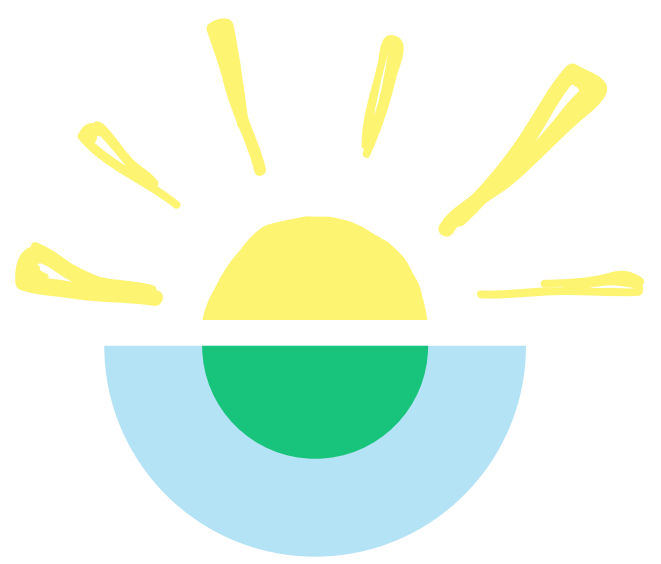




the lift project

SMILLERS

SERVE

REST (SLEEP & DE-STRESS)

EAT NUTRITIOUSLY

LOOK TO THE POSITIVE

IMMERSE YOURSELF IN AN UPLIFTING
PHYSICAL & SOCIAL ENVIRONMENT

MOVE
DYNAMICALLY

SPEAK
POSITIVELY