



**THE LIFT PROJECT IS A LIFESTYLE-BASED
WELLBEING PROGRAM
DESIGNED TO LIFT YOUR MOOD
AND YOUR LIFE!**

*IT'S FUN AND SIMPLE, AND IT COMBINES
EVIDENCE-BASED STRATEGIES FROM THE
EXCITING FIELDS OF NEUROSCIENCE, POSITIVE
PSYCHOLOGY AND LIFESTYLE MEDICINE.*

**DEVELOPED AND PRESENTED BY
DR DARREN MORTON.**

*INTERNATIONALLY RECOGNISED LIFESTYLE
MEDICINE EXPERT*

**10 FASCINATING LESSONS.
CHOOSE YOUR OWN ADVENTURE!**



Endorsed Provider of



For more information, contact:



www.theliftproject.global