

Over 4000 people participated in Let's Lift Lake Mac!

"The overwhelmingly positive feedback and stories of how the program drove tangible change for good among many participants speaks volumes about how it was both highly effective and wonderfully embraced by the community."

Lake Macquarie Mayor Cr Kay Fraser

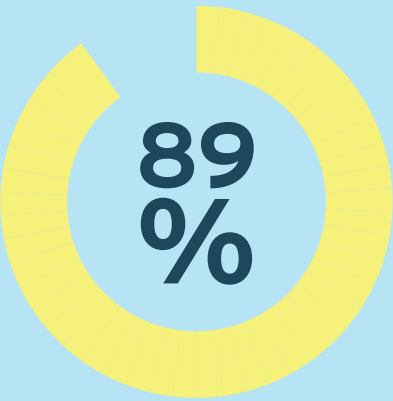


It was great to see such positive holistic health & wellbeing concepts being promoted in a very mainstream channel & supported by a local government organisation.

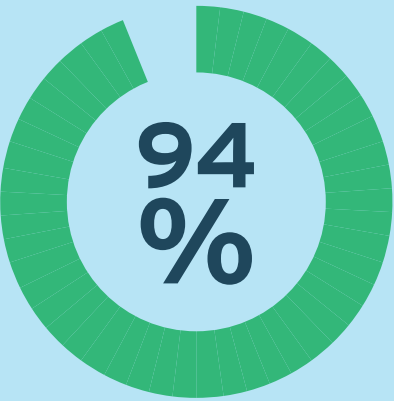
I loved the messages and realistic goals. I like that it gave me a focus to work on improving for the week. After viewing the lesson you couldn't help but smile due to the presenters in the videos.

Participating in The Lift Project...

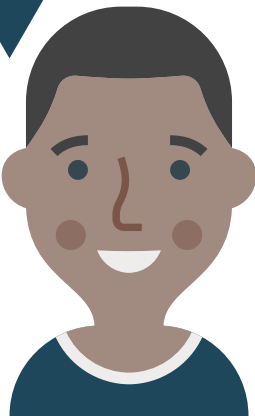
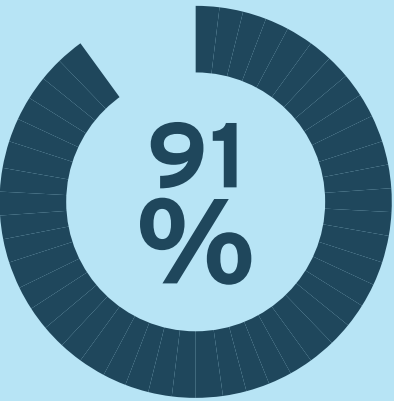
improved my mental health & wellbeing



gave me skills to support my mental health & wellbeing in challenging times



will have a positive, long-term influence on my wellbeing



There was some amazing content in the program and it felt very, very relevant in these times. I really think it saved my sanity the last few weeks in lockdown. I am so grateful to Lake Mac Council for providing this wonderful program! Thank you so much!



I completed this with my team at LMCC. It was a great platform discussed every week and included in our professional development plans.

99%

WOULD RECOMMEND THE LIFT PROJECT TO A FRIEND!



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The moderated Facebook page was great, you felt that someone was really paying attention. Sometimes I was reluctant to post - but then being part of the community was the whole point of the exercise - so I did. I thought the videos were great and the use of humour helped serious topics seem less scary. I think it was a really great project for the Council to undertake. Thanks to everyone involved.

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