



More than 1800 people participated in Let's Lift Lake Mac!

WOULD
RECOMMEND
THE LIFT PROJECT
TO A FRIEND!

94%

“These interventions are not only good ideas, but they are also good science. I cannot recommend the course highly enough - it is a simple yet powerful game changer!”

PARTICIPATING IN THE LIFT PROJECT...

improved my mental
health & wellbeing.

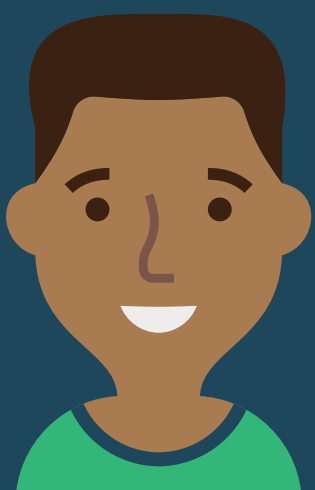
85%

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

91%

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

87%



“I enjoyed the knowledge presented on each topic, the easy applications offered in life, the positive affect on my life.”

“I love the positivity. The fact that the course takes very sophisticated research and presents it in a simple yet powerful way.”

