

The School District of Lee County registered more than 9,500 people in the Let's Lift Lee Schools initiative! Here's what some of them had to say:

“

This was one of the most beneficial programs I have engaged in through the school district.

These concepts can help everyone! Very well done and extremely beneficial!

”



92%

WOULD
RECOMMEND
THE LIFT PROJECT
TO A FRIEND!



Respondents (n=1039) said *Participating in The Lift Project...*

88%

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

83%

improved my mental health and wellbeing.

91%

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

I liked the positive ways that small changes in habits and living can make a big difference in attitude and well being. The lessons were engaging and encouraging. It was easy to apply the knowledge that was given and to start living a more satisfying life.



I like that The Lift Project didn't try to portray things as a quick fix. It explained the 'why' behind things which I feel will make me want to continue practicing the skills I learned.

