



Over 5000 people participated in The Lift Project!

Elmira City School District • Finger Lakes Area School Health Plan (FLASHP)
New York State Association for Health, Physical Education, Recreation and Dance (NYS AHPERD)
Genesee Area Healthcare Plan (GAHP) • Steuben Area Schools • Smola Consulting



“I liked how it was organized into nuggets of information that were presented in a realistic amount of time which I could then process, and be conscious of, for an entire week afterwards. I also liked that it was science-based. It was a very positive experience.”

93% would recommend The Lift Project to a friend

“The lessons are practical and fun, and the challenges demonstrate that practising them does not require an overhaul of our life. Simply put, this is the best well-being program I’ve ever done.”



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I absolutely love this program! What I like the most is that it has simple, obtainable life shifts that give you a huge benefit. The strategies are tangible. You can use bits and pieces to begin the ‘lift’, and take on as much or as little as you need to as you move forward. I recommend this program to everyone I know.

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84%

PARTICIPATING IN THE LIFT PROJECT IMPROVED MY MENTAL HEALTH AND WELLBEING.

91%

PARTICIPATING IN THE LIFT PROJECT GAVE ME SKILLS FOR SUPPORTING MY MENTAL HEALTH AND WELLBEING DURING CHALLENGING TIMES.

81%

UNDERTAKING THE LIFT PROJECT WILL BE LIKELY TO HAVE A POSITIVE, LONG-TERM INFLUENCE ON MY WELLBEING.