



The Lift Project Sunshine Coast

LIFT YOUR MOOD AND YOUR LIFE

#theliftproject



THE LIFT PROJECT SUNSHINE COAST IS DESIGNED TO LIFT YOUR MOOD AND YOUR LIFE - AND IT'S FREE*!

It's fun and easy, and combines scientifically-proven strategies from the exciting fields of Neuroscience, Positive Psychology and Lifestyle Medicine.

EVERYONE CAN DO IT!

Ten fascinating topics over ten weeks to help improve your mental wellbeing including: speaking positively, being physically active, expressing gratitude and hope, eating healthy, nurturing relationships, immersing in natural environments, resting well and giving to others.

To register and find out more please go to sunshinecoast.qld.gov.au/liftproject



*The program is only available to Sunshine Coast LGA residents