Live Your Best Life

the lift project

... By Dr. Darren Morton
Internationally Recognized Lifestyle Medicine Expert

10 Week Program
Includes Weekly Sessions

Ten fascinating lessons are included in this online educational adventure designed to lift your mood and your life:

- Your Limbo is Listening
- Motion Creates Emotion
- Blue & Green be Often Seen
- Together Feels Better
- Feelings Follow Your Focus
- Food Feeds Your Mood
- Rest to Feel Your Best
- Stress Less
- Giving is Living
- What Does it Take to Flourish?

Upcoming Sessions

Virtual Sessions
Offered through the Healthy Life Center
Coconut Point

August 11th – October 13th

Tuesday, 11:30 a.m.- 12:30 p.m.

For more information and to RSVP, please call 239-468-0050.