LET’S WORK TOGETHER - LIFT EACH OTHER UP

AND

HAVE SOME FUN!!!

FLASHP and the Williamson Central School District Health and Wellness team is Lifting the School Community by partnering with The Lift Project to provide tools and tips to help get through this pandemic together. It’s free for you, your family, and our community. This is for everyone, make it a family project or invite your friends.

Each week you will receive 2 emails from the Lift Project covering a different topic along with a challenge and activity. The Williamson Central School Lift Project Coordinator will also support you with email check-ins.

You will learn a scientifically-proven way to lift your mood and your life. At the end of each lesson, you will be given some simple and fun challenges to try out for yourself and have a chance to win gift cards and prizes at a Community Scavenger Hunt event on Saturday, November 13 (more information will follow).

We will explore in Week 1, Speak Positively; Week 2, Move Dynamically; Week 3, Immerse in an Uplifting Social Environment; Week 4, Look to the Positive; Week 5, Eat Nutritiously; Week 6, Rest Well - Stress Less and our final Week 7, Serve

Our journey begins October 25th. Preview the Lift Project and watch the 2-minute video by the Founder Dr. Darren Morton (author of Live More Happy). You will be inspired!

Go to: [https://www.theliftproject.global/flashp/](https://www.theliftproject.global/flashp/)

Remember “if it doesn’t challenge you, it doesn’t change you”

We look forward to you joining us for this unique opportunity. Please see The Lifting the School Community Registration form to register you and your family today.