

The Maroondah Lift Project

Lift your spirits by joining our 10-week wellbeing program.

Free
Bookings
essential

**Begins
Sunday 12 July**

Join online
or in-person
programs



This program is available to Maroondah residents and is suitable for ages 8 and above.

The Maroondah Lift Project is an evidence-based wellbeing journey designed to lift your spirits.

A range of groups will commence from Sunday 12 July 2026, with weekly videos featuring simple, science-backed tips from Neuroscience, Positive Psychology, and Lifestyle Medicine, presented by Dr Darren Morton.

Join our online program as an individual, family, or community group, or attend one of the face-to-face events at local venues.

Turn over for more details and how to book.



Dr Darren Morton

Project sessions

Weekly topics

Registrations
open 5 May
and close
26 July

Week 1 12 to 18 July	Your Limbo Is listening – so speak positively. Discover how your Limbo (our nickname for the part of the brain responsible for your emotions) is affected when you speak positively to yourself and others.
Week 2 19 to 25 July	Motion creates emotion. Move dynamically plus a bonus video Learn how the way you position and move your body can influence how you feel.
Week 3 26 July to 1 August	Blue and Green should often be seen. What's so great about the great outdoors? Discover why it is so uplifting to get outside where the light is right.
Week 4 2 to 8 August	Together feels better. Learn how happiness is socially contagious and the benefits of immersing yourself in an uplifting social environment.
Week 5 9 to 15 August	Feelings follow your focus. Learn how what you focus on affects how you feel. Discover ways to focus on positive things about the past, present and future.
Week 6 16 to 22 August	Food feeds your mood. Current medical research has discovered that your gut is your second brain. Come along and discover how a happy gut leads to a happy life.
Week 7 23 to 29 August	Rest to feel your best. Many people today don't get adequate amounts of quality sleep due to three sleep-stealing culprits. In this lesson you will learn how to combat these sleep-stealing culprits so that you can "rest to feel your best".
Week 8 30 August to 5 September	Stress less. High levels of stress can be damaging to your health and happiness. To Stress less, so we don't boil over, we can 'turn down the heat' and/or 'open the valves'.
Week 9 6 to 12 September	Giving is living. This week you will learn the most powerful way to increase wellbeing and happiness. You have a unique contribution to make and doing it can fill your life in every way.
Week 10 13 to 19 September	What does it take to flourish? This last week you'll learn about Professor Martin Seligman, widely considered the father of Positive Psychology, who has identified five things that are necessary to truly flourish in life.

Book for our online program or join one of our face-to-face groups

Sunday 12 July to Sunday 19 September Complete in your own time, at your own pace. Online program (videos sent via email).	For Maroondah residents
Tuesday 14 July to Tuesday 15 September 10am to 11am. Hub B Unit 4, 7 Civic Square, Croydon.	For older people in Maroondah
Tuesday 14 July to Tuesday 15 September 4.30pm to 5.30pm. Hub B Unit 4, 7 Civic Square, Croydon.	For young people in Maroondah
Thursday 16 July to Thursday 17 September 11am to 12pm. Your Library, Civic Square, Croydon.	For Maroondah residents
Tuesday 21 July to Tuesday 22 September 11am to 12pm. Online group.	For Maroondah residents
Thursday 23 July to 24 September 1pm to 2pm. Realm, 179 Maroondah Highway, Ringwood, 3134	For Maroondah residents



For more information

For more information on the program and how to book, scan the QR code or visit www.maroondah.vic.gov.au/Maroondah-Lift-Project

Presented in partnership with



EASTLAND



1300 88 22 33 or 9298 4598
www.maroondah.vic.gov.au