

Live Life Better Derbyshire is a free healthy lifestyles service that offers advice and help on a wide range of health and wellbeing topics.

This covers the following key areas:

- stop smoking
- weight management
- getting active
- mental health and wellbeing
- falls prevention
- alcohol awareness
- housing and financial help

Live Life Better also works closely with local businesses to improve the health and wellbeing of Derbyshire workforces.

You are eligible to take part in the Live Life Better Derbyshire service if you:

- Are a Derbyshire resident (excluding Derby City)
- Work in Derbyshire (excluding Derby City)
- Are registered with a Derbyshire county GP practice.

How do I join?

To take part in the Live Life Better Derbyshire service you can call 0800 085 2299 or 01629 538200.

Alternatively visit the website to take part in a short online assessment.

Visit: livelifebetterderbyshire.org.uk

Call: 0800 085 2299 or 01629 538200

Email: llbd.info@derbyshire.gov.uk

Twitter: @DCCPublicHealth

Facebook: www.facebook.com/derbyshirepublichealth