



# Live Life **BETTER** **DERBYSHIRE**

A free healthy lifestyle service

# What is Live Life Better Derbyshire?



It is a free service. From Derbyshire County Council. It can help you:



Stop smoking



Lose weight



Keep active



Learn how to look after yourself and be healthy and happy

# Who can use Live Life Better Derbyshire



Derbyshire

You can use it if you live in Derbyshire



You can use it if you work in Derbyshire



You can use it if your doctor is registered in Derbyshire

# Live Life Better Derbyshire can help you stop smoking



Stopping smoking is one of the best things you can do for your health



There are friendly advisors that will help you stop smoking



You can get help to stop smoking if you are aged 12 or over



If you want to stop smoking Live Life Better Derbyshire can help by giving you:

- ✓ Weekly advice and support
- ✓ Group sessions
- ✓ One to one support
- ✓ Telephone support



# Live Life Better Derbyshire can help you lose weight



If you are aged 16 or over and are overweight



There are trained people to help you lose weight



You can go to friendly groups and have one to one sessions



You can get lessons on how much food to eat and how to eat healthier



You can get advice and support

# Live Life Better Derbyshire can help you get active



Keeping active will help you to be healthy



You can get help to find activities you like and that get you active



You can get help to make sure you keep doing exercise

# How to use Live Life Better Derbyshire



You can call Live Life Better Derbyshire on:

**0800 085 2299**  
or **01629 538200**



You can visit the website to answer questions at:

**[livelifebetterderbyshire.org.uk](http://livelifebetterderbyshire.org.uk)**



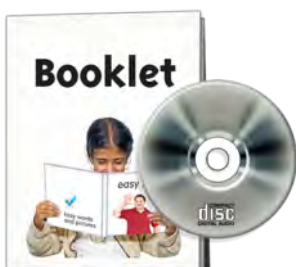
You can send an email to:

**[llbd.info@derbyshire.gov.uk](mailto:llbd.info@derbyshire.gov.uk)**



Write to:

**Live Life Better Derbyshire  
County Hall  
Matlock  
Derbyshire, DE4 3AG**



If you need this leaflet in different format please call **01629 531310**.

For further information contact:  
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[www.livelifebetterderbyshire.org.uk](http://www.livelifebetterderbyshire.org.uk)