

# helping you to live better



lose weight



stop smoking



look after  
your health

livewell

# free support from our caring team

## lose weight

12-month programmes to help you lose weight. They include free exercise sessions, group walks, regular weigh-ins, a healthy eating course and continual support.

**"i lost nearly five stone and reduced my risk of developing type 2 diabetes."**

Jabeen from Normanton



## stop smoking

You're three times more likely to quit with Livewell than using will power alone. Our programme offers free Nicotine Replacement Therapy treatments and expert encouragement to help you stop smoking for good.

**"i beat my 21 year habit and i feel great."**

Ade from Borrowash





## look after your health

Our free 30-minute NHS Health Checks for 40 to 74 year olds can help you stay healthier for longer.



## interested?

To find out more and to join, go to [www.livewellderby.co.uk](http://www.livewellderby.co.uk)

discover jabeen's and ade's stories and plenty more.  

call 01332 641254 or  
email [livewell@derby.gov.uk](mailto:livewell@derby.gov.uk)  
minicom 01332 640666

**livewell**

**HELPING PEOPLE IN  
DERBY LIVE BETTER**

A Derby City Council Project