

# We're holding a free health and wellbeing event:

**Date:** Wednesday 11 March

**Time:** 12.30pm - 3.30pm

**Venue:** Killamarsh Sports Centre

## Come along and take part in a free Health and Wellbeing MOT.

Find out more about the free healthy lifestyle services that we offer including stop smoking, weight management and help to get more active.

### To find out more...

**Call:** 0800 085 2299 or 01629 538200

**Visit:** [lifelifebetterderbyshire.org.uk](http://lifelifebetterderbyshire.org.uk)

Get information about Derbyshire County Council grants, Five Ways to Wellbeing and the sports centre too.

say  
**yes**  
to a healthier you