



Live Life Better Derbyshire are running free programmes for Derbyshire parents and carers of children aged between 0 – 12 years old.

Fancy an 8-week programme? – Meet other parents and carers in a fun weekly online group and learn how to make lasting healthy changes together.

Fancy something more bite size? – Parents may choose to join 1 or more sessions from the 4 week online programme covering a range of topics that matter the most to families.

“Social media shows families have the perfect life, but in reality no-one is like that.”

“I came out feeling really supported”.



[Sign up to take part in the programme here](#)

or scan the QR code



[Healthier futures - Live Life Better Derbyshire](#)