

# The South Ayrshire Green Health App is here

## What is green health?

Green Health is about engaging with nature and spending time outdoors which is good for your physical, mental and emotional health and wellbeing.

## What does the app contain?

It's a directory of Green Health activities and groups. The app contains information on what the groups or activities are, where they are and how you can get involved.

## How to get the app?

Scan the QR codes to download NHS Ayrshire & Arran app, and search for the Green Health app.

