## We're live with Holly Health!

(the mobile app for personalised healthy habit coaching)



south ayrshire health & social care

## Get 6 months FREE to help:

- Reduce stress & anxiety
- Rebuild your relationship with food
- Increase exercise & movement
- Get better sleep



## **Helping you FLY!**

67% report better mental health

89% report new health behaviours



Scan QR code or sign up at: www.hly.app/sayrshire\_gp\_flyer



Featured in B B C