

# We're live with Holly Health!

(the mobile app for personalised  
healthy habit coaching)

Get 6 months FREE to help:

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



&

**Holly**  
HEALTH



## 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](http://www.hly.app/sayrshire_gp_flyer)

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