



Did you know getting outdoors is good for your physical, mental, and social well-being? Regardless of age and ability, there really is something for everyone, including groups and organisations in your local area that can support you.

We're talking about taking small steps to make a positive change.

It could be anything from a walk to the local park or some windowsill gardening.

Think Health Think Nature is here as a free resource to help you explore and enjoy your local green spaces.

Our Highland Green Health Directory will allow you to discover green health activities near you.

You'll also find a range of handy nature and health focused resources on our website

www.thinkhealththinknature.scot

