

[Green Health Week 2021](#)



The Dundee Green Health Week 2021 managed by Green Health Partnership Dundee runs from today until 16th May and details can be found [here](#).

There will be over 50 activities all designed to improve people's mental, physical and social wellbeing.

Green Health Week coincides with Mental Health Awareness Week.

Activities will be online but also in person. All activities are free, booking is essential.

Today sees the launch a series of self-led activities to download as well as a variety of videos about the health benefits of being outdoors created by NHS staff, how to form new health habits by University of Dundee and Iowa State University staff; Biodiversity, Climate Change and Sustainability (by Dundee City Council staff), Joe – a boy from Lochee who gardens at Fruitbowls, and more!

There's something here for everyone ☐