

**Mynediad
am ddim
Free event**



Achlysur Iechyd a Lles Health & Wellbeing Event

**Dydd Iau 26 Mawrth 2015
Thursday 26th March 2015**

1.00pm - 3.30pm

**Eglwys Unedig Dewi Sant / St David's Uniting Church,
Gelliwastad Road, Pontypridd, CF37 2BW**

Gweithdai, gweithgareddau a stondinau gwybodaeth

Gwiriadau iechyd • Cyngor ffitrwydd • Bwyta'n iach
Rhoi'r gorau i ysmegu • Atal cwmpo

Workshops, Activities and Information stalls

Health Checks • Fitness Advice • Healthy eating
Smoking cessation • Falls prevention

Te a choffi am ddim • Complimentary Tea and Coffee

Ffoniwch / Telephone: 01443 744847



STRONG HERITAGE | STRONG FUTURE
RHONDDA CYNON TAF
TREFTADAETH GADARN | DYFODOL SICR



**GIG
CYMRU
NHS
WALES**

Bwrdd Iechyd Prifysgol
Cwm Taf
University Health Board

Croeso i bawb • Everyone welcome