



DIGWYDDIAD IECHYD DA!

Dydd Gwener Hydref 11 2019
yng Nghanolfan Hamdden
Glan Wnion, Dolgellau

DIGWYDDIAD I BAWB!

Galwch draw unrhyw dro rhwng
10 y bore a 2 y prynhawn

- Cyngor a Gwybodaeth
- Cyfle i gymryd eich pwysedd gwaed
- Fferyllfa leol ar gael i roi cyngor
- Therapiau eraill
- Sesiynau blasu
- Lluniaeth ysgafn
- A llawer mwy ...

Am fwy o wybodaeth cysylltwch â
Mantell Gwynedd ar ☎ 01341
422575 / ☎ 01286 672626 neu
sioned@mantellgwynedd.com

*Digwyddiad wedi ei drefnu gan Gynghrai
Cyflyrau Iechyd Tymor Hir a Chronig De
Gwynedd gyda chefnogaeth Mantell
Gwynedd*

GOOD HEALTH EVENT!

Friday 11th of October 2019
at Glan Wnion Leisure Centre
Dolgellau

AN EVENT FOR EVERYBODY!

Call in at any time between
10am and 2pm

- Advice and Information
- Blood pressure taking opportunity
- Local Pharmacy on hand to give advice
- Complementary therapies
- Taster sessions
- Light Refreshments
- And much more ...

For more information please
contact Mantell Gwynedd on
☎ 01341 422575/ ☎ 01286 672626
or sioned@mantellgwynedd.com

*An event organised by the South
Gwynedd Long Term Health & Chronic
Conditions Alliance with support from
Mantell Gwynedd.*