

Diwrnod Iechyd a Lles

Prifysgol Aberystwyth

Aberystwyth University

Health and Wellbeing Day



Amser: 9:30yb-3yp

Dyddiad: Dydd Mawrth 29 Ebrill

Lleoliad: Medrus

Time: 9:30am-3pm

Date: Tuesday 29 April

Location: Medrus

- > Gwybodaeth a chyngor
- > Archwiliadau iechyd byr
- > Bwydydd iachus i'w blasu
- > Sgyrsiau a gweithdai

- > Information and advice
- > Mini health checks
- > Healthy food tasters
- > Workshops and talks

Sganiwch fi:



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