

# Prynhawn agored lles

Dewch i ymuno gyda ni yn ein prynhawn agored lles ar brynhawn dydd Mercher, Ionawr 29ain rhwng 2:30 a 4:30. Bydd stondinau yn cael eu cynnal gan yr asiantaethau isod. Dewch i gael parned ac i ddysgu am fudiadau, clybiau a mentrau lleol gwahanol sy'n bodoli.

## 29.01.2020



## 2:30-4:30

Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



## Bron Afon



Rhwydwaith Pum Ffordd at Les Gwent



Gwent Five Ways to Wellbeing Network

Come and join us for our well-being open afternoon on Wednesday, January 29th between 2:30 and 4:30. There will be many stalls held with representatives from the agencies above. Come for a cup of tea and to learn about local initiatives, clubs and organisations.

# Well-being open afternoon