



BRATHIAD O IECHYD
BITE SIZED HEALTH



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

Digwyddiad
Gwybodaeth
Iechyd a Lles

Gorffennaf 5 July
15:30-17:30

Health
& Well-being
Information Event

Neuadd y Dref
Stryd Treffynnon
Fflint, CH6 5NW

Flint

Town Hall
Holywell Street
Flint, CH6 5NW



HELPA FI I
STOPIO
-
HELP ME QUIT



CYNGOR
FFERYLLOL
-
PHARMACY
ADVICE



GWELLA IECHYD
-
HEALTH
IMPROVEMENT



YMYRRAETH
FFORDD O FYW
-
LIFESTYLE
INTERVENTION



GWIRIADAU
PWYSEDD GWAED
-
BLOOD PRESSURE
CHECKS