

Macmillan Cancer Support, registered charity in England and Wales (201017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.

**GET THE  
SUPPORT  
YOU NEED**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

## **Health and Wellbeing Events**

Glaslyn Leisure Centre Porthmadog – 21 March 2018

The Beaches Hotel Prestatyn – 18 April 2018

Ramada Hotel Wrexham – 23 May 2018

Plas Menai Caernarfon – 27 June 2018

Conwy Business Centre Llandudno Jct – 26 September 2018

Ramada Hotel Wrexham – 24 October 2018

Plas Menai Caernarfon – 14 November 2018

Time: 9:30am – 1pm

To book, phone 01745 445214 or email BCU.  
[healthandwellbeing@wales.nhs.uk](mailto:healthandwellbeing@wales.nhs.uk)

Information and support from experts on topics including diet, physical activity, fatigue, emotional support, financial advice and local services. Speak directly to our professionals and meet others who have had a similar experience.

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## Digwyddiadau Iechyd a Lles

Canolfan Hamdden Glaslyn Porthmadog - 21 Mawrth 2018

Gwesty'r Beaches Prestatyn - 18 Ebrill 2018

Gwesty Ramada Wrecsam - 23 Mai 2018

Plas Menai Caernarfon - 27 Mehefin 2018

Canolfan Busnes Conwy Cyffordd Llandudno - 26 Medi 2018

Gwesty Ramada Wrecsam - 24 Hydref 2018

Plas Menai Caernarfon - 14 Tachwedd 2018

Amser: 9:30am – 1pm

I archebu, ffoniwch 01745 445214

E-bostiwch: [BCU.healthandwellbeing@wales.nhs.uk](mailto:BCU.healthandwellbeing@wales.nhs.uk)

Gwybodaeth a chymorth gan arbenigwyr ar faterion megsi diet, gweithgaredd corfforol, blinder, cymorth emosiynol, cyngor ariannol a gwasanaethau lleol. Siaradwch yn uniongyrchol â'n gweithwyr proffesiynol a chyfarfod eraill sydd wedi cael profiad tebyg.