

Hoffech chi / Would you like to...

- Ddysgu mwy am gollu pwysau mewn ffordd iachus / Learn more about a healthy way to lose weight
- Dod yn fwy gweithgar / Become more active
- Cael cefnogaeth a syndiau i helpu newid eich arferion bwyta / Get support and ideas to help change your eating habits

Os ydych, dylech ymuno / Then why not join...

Bwyd Doeth am Oes Foodwise for Life



Rhaglen 8 wythnos i helpu chi rheoli eich pwysau mewn ffordd iachus / An 8 week programme to help you manage your weight the healthy way

Sesyinau hwylus a chyfeillgar sy'n cynnwys amrywiaeth o bynciau defnyddiol i'ch cefnogi a'ch annog / Fun and friendly sessions which cover a range of useful topics to support and encourage you.

-  Maint dognau / Portion sizes
-  Symud mwy! / Moving more!
-  Ymdopi gyda llwygfa a blys
Dealing with hunger & craving

-  Labeli bwyd / Food Labels
-  Goresgyn rhwystrau / Overcoming barriers
-  Gwell addasu nag aberthu!
Swop it don't stop it!

If you would like to take part in the programme please follow the below link to complete a referral form.

[Weight Management Service - Aneurin Bevan University Health Board \(nhs.wales\)](https://www.nhs.uk/weight-management-service)

You can also speak with the ABUHB Healthy Weight Team for more details: 0300 303 5759



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Nutrition Skills for Life™



Sgilliau Maeth am Oes