

Dewch i ymuno â ni yn ein

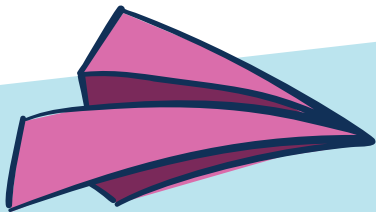
# Digwyddiad Byw'n Iach yn Sir Gâr

Bydd gwybodaeth, gweithgareddau a sesiynau blasu ar gael a chyfleoedd i ddysgu ac ymgysylltu â phobl am yr hyn y gallwch ei wneud i fyw'n dda.

Come and join us at our

## Living Well in Carmarthenshire Event

There will be information, activities, and taster sessions available and opportunities to learn and engage with people about what you can do to live well.



Gweithgareddau Chwarae gyda'r Tîm Chwarae  
Play Activities with the Play Team



Sesiynau Ymlacio  
Relaxation Sessions



Celf a Chrefft  
Arts and Crafts



Sesiynau blasu Hamdden Actif  
Actif Leisure taster sessions



Canolfan Tywysoges Gwenllïan, Cydweli  
Princess Gwenllïan Centre, Kidwelly

[sirgar.llyw.cymru](http://sirgar.llyw.cymru)  
[carmarthenshire.gov.uk](http://carmarthenshire.gov.uk)



GIG  
CYMRU  
NHS  
WALES

Bwrdd Lechyd Prifysgol  
Hywel Dda  
Hywel Dda University  
Health Board

Cyngor Sir Gâr  
Carmarthenshire  
County Council