

Hoffech chi / Would you like to...

- Ddysgu mwy am golli 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.abuhb.nhs.uk/weight-management-service)

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

