

**Am Ddim!**



**Gaeaf  
llawn Lles**

**Free!**

Good Town Lles  
Winter of Wellbeing

### **Sioe ar Daith Iechyd a Lles**

Bydd Llyfrgell Wrexham yn cynnal Sioe ar Daith Iechyd a Lles ddydd Sadwrn 5 Mawrth, 10.00yb – 1.00yp, lle bydd sefydliadau iechyd a lles ar gael i ddarparu gwybodaeth i blant a oedolion ifanc 10-25 oed. Bydd gan rai darparwyr amrywiaeth o weithgareddau ymarferol llawn hwyl a rhoddion. Mae darparwyr gwybodaeth yn cynnwys AVOW, Declans Den, Freedom Leisure, Gwasanaeth Gwybodaeth i Deuluoedd, Info Shop, Bwrdd Iechyd Prifysgol Betsi Cadwaladr, MIND a mwy.

Bydd cyfle i blant ymuno â gweithdy gydag Xplore! y ganolfan darganfod gwyddoniaeth (rhaid bwcio lle), ynghyd â gweithgareddau bwrdd i blant iau. *Am fwy o wybodaeth ffoniwch Karen neu Nerys yn Llyfrgell Wrexham ar 01978 292090.*



### **Health and Wellbeing Roadshow**



Wrexham Library will be hosting a Health and Wellbeing Roadshow on Saturday March 5<sup>th</sup>, 10.00am – 1.00pm, where health and wellbeing organisations will be available to provide information to children and young adults aged 10-25. Some providers will have a range of hands on fun activities and giveaways.

Information providers include AVOW, Declans Den, Freedom Leisure, Family Information Service, Info Shop, Betsi Cadwaladr University Health Board, MIND and more.

There will be an opportunity for children to join a workshop with Xplore! the science discovery center (booking is essential), plus table top activities for younger children.

*For more information call Karen or Nerys at Wrexham Library on 01978 292090.*



**Winter of  
Wellbeing**

Good Town Lles  
Winter of Wellbeing

[readingagency.org.uk/winterofwellbeing](http://readingagency.org.uk/winterofwellbeing)

**wrexham**  
COUNTY BOROUGH COUNCIL  
CYNGLIDIR BWRDEISTREF SIROL  
wrexham