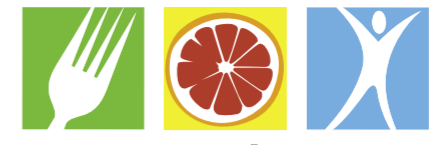




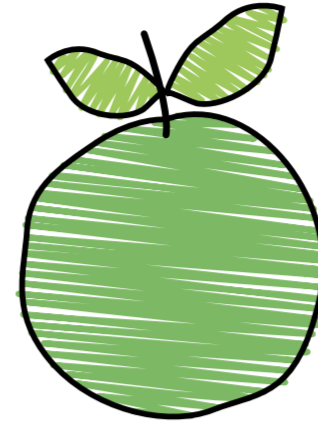
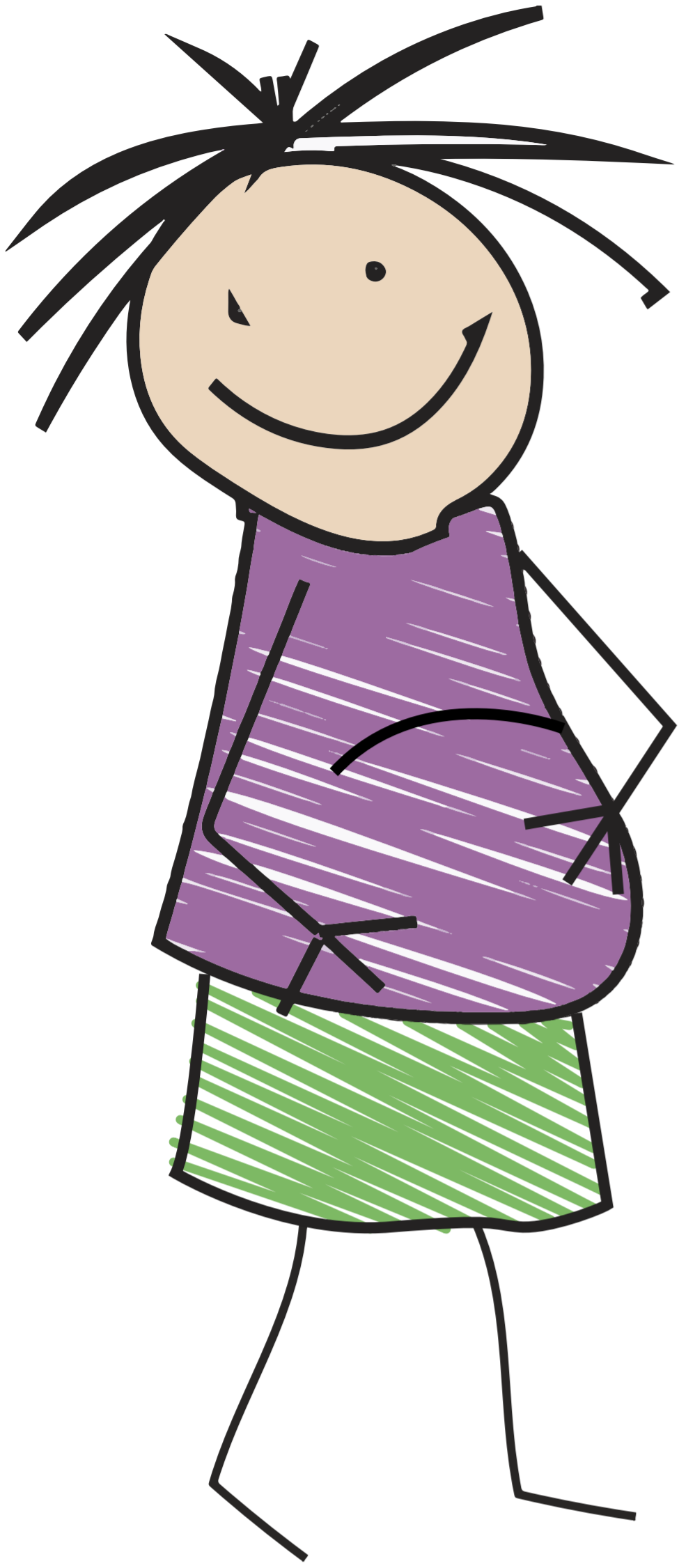
GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Nutrition Skills for Life™



Sgiliau Maeth am Oes



Foodwise in Pregnancy

Bwyd Doeth yn ystod Beichiogrwydd

**6 week programme supporting you to eat well,
be active and achieve a healthy weight gain
in pregnancy.**

**Rhaglen 6 wythnos sy'n eich cefnogi i fwyta'n dda,
bod yn gorfforol egnïol a magu pwysau
iach yn ystod beichiogrwydd.**

**All pregnant women can attend during any stage of their pregnancy.
Talk to your Midwife about Foodwise in Pregnancy and book your free
place on Eventbrite www.eventbrite.co.uk**

**Gall pob menyw feichiog fynychu ar unrhyw gam yn eu beichiogrwydd.
Sgwrsiwch â'ch Bydwraig am Bwyd Doeth yn ystod Beichiogrwydd
ac archebwch eich lle am ddim ar Eventbrite www.eventbrite.co.uk**

