

PRYNHAWN LLES STAFF STAFF WELLBEING AFTERNOON

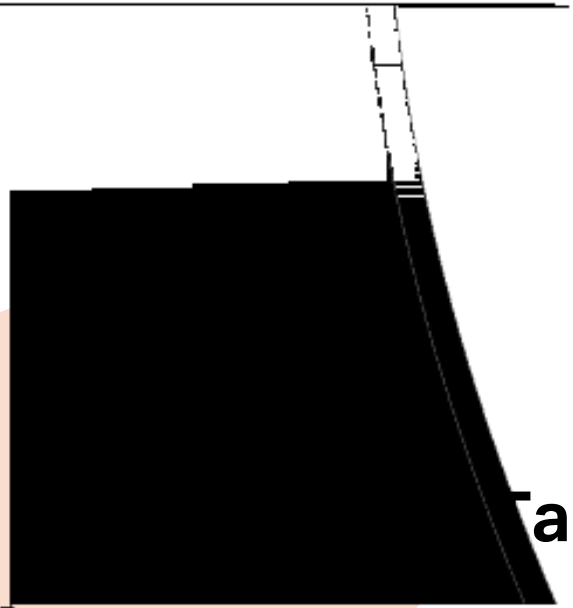
22/03/2023

C I

Cennec

Gall chi m n'ag n' e'
g ei hga edda h nne dde i
m ndallang da ch d ei h ,
e li' am e m m dna ne
g ll 'ch c m ned le l.

Gall chi ddefn ddi' eich amda e



Tai h Ge dded Medd lga ch
Mindf I Walk

Ge ddi T ebe h Ga den , 1-2:30 m

Se i n S m d
Me emen Se i en

Canelfan B ail fe d, 2:30-3:30 m

Cl b LI f a Lle S aff
Wellbeing Brek Cl b
MS Team , 1-2 m

P l-d ed Ce dded
Walking Fe e ball
Cae Reichel Pi ch, 1-2 m

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