

Winter Wellness

Two days of activities for staff and students,
focusing on mindfulness, health and wellbeing, including...

Yale
Thursday
7th December
10am - 2pm

Deeside
Tuesday
12th December
10am - 2pm

Beauty treatments
Hot choc and smores
Therapy dogs
Candy floss
Photo booth
Wellness packs
Smoothie bike
Silent disco
Live music
art & craft stalls
Barbers (Yale)
Charity stalls present

Please bring donations for our local food banks

For further information
please contact
wellbeing@cambria.ac.uk

Llesiant Dros y Gaeaf

Dau ddiwrnod o weithgareddau i staff a myfyrwyr,
sy'n canolbwyntio ar feddwlgarwch, iechyd a llesiant, gan gynnwys...

iâl

Dydd Iau
7 Rhagfyr
10am - 2pm

Glannau
Dyfrdwy

Dydd Mawrth
12 Rhagfyr
10am - 2pm

Triniaethau harddwch
siocled poeth a smores
cŵn therapi
Candi-ffios
Bwth lluniau
Pecynnau llesiant
Beic smuddis
Disgo tawel
Cerddoriaeth fyw
Stondinau celf a chreffft
Siop farbur (iâl)
Stondinau elusen

Dewch â rhoddion ar gyfer ein banciau bwyd lleol

Am ragor o wybodaeth
cysylltwch â
wellbeing@cambria.ac.uk