

# Digwyddiad Iechyd a Lles 5 Gorffennaf 2019

## Amserlen Digwyddiadau

	Medrus Mawr	Medrus 1	Medrus 2	Medrus 3	Medrus 4	
<b>10:00</b>	<b>Yn agor y digwyddiad</b> <i>Yr Athro Elizabeth Treasure, Is-Ganghellor</i>  <b>*Stondinau</b> fel y rhestir isod  <b>** Triniaethau</b> darparu wrth archebu fel yr isod  <b>***Gweithgareddau</b>					
<b>10:15</b>						
<b>10:30</b>			Error 404 Sleep not found	Carefirst - EAP	How to improve your time management and productivity	Boundaries: Where are yours?
<b>10:45</b>						
<b>11:00</b>						
<b>11:15</b>			Yoga	NHS – EPP Cymru		
<b>11:30</b>					Using the outdoors to enhance wellbeing: The benefits of nature for health	Policy Consultation: Health and Wellbeing
<b>11:45</b>				Carefirst – EAP		
<b>12:00</b>			Yoga			
<b>12:15</b>						
<b>12:30</b>				Men’s Health	Focus Group: Menopause in the Workplace	Resilience – How to cope better with stress
<b>12:45</b>			Yoga	Carefirst - EAP		
<b>13:00</b>						
<b>13:15</b>						
<b>13:30</b>			Healing with horses		#myfitnessjourney	Supporting Someone in Distress
<b>13:45</b>			NHS – EPP Cymru			
<b>14:00</b>						
<b>14:15</b>		How hypnotherapy can help you	Men’s Health			
<b>14:30</b>				Keeping healthy when you’re desk bound		
<b>14:45</b>			Productivity Ninja			

### \*Stondinau

Dewisiadau Bwyd Iach  
 Iechyd, diogelwch a'r amgylchedd  
 Mind  
 Carefirst  
 Cefnogaeth i Fyfyrrwyr  
 GIG – Stopio Ysmygu  
 D-DAS  
 Dysgu Cymraeg

ACAS  
 Adnoddau Dynol  
 Iechyd Galwedigaethol  
 Canolfan y Celfyddydau  
 SES – Peiriant Dadansoddi'r Corff Llawn  
 GIG – EPP Cymru  
 Hafal

### \*\*Triniaethau

Ian Shires Tyllino  
 Tyllino Aromatherapi – Delyth Williams  
 Osteopath – Susan Fowler

### \*\*\*Gweithgareddau

Origami  
 Cystadleuaeth Ffotograffiaeth