

# PRYNHAWN LLES STAFF STAFF WELLBEING AFTERNOON

**22/03/2023**

## **cysylltu**

Gallwch ymuno ag un o'r gweithgareddau hyn neu ddewis mynd allan gyda chydweithwyr, treulio amser ym myd natur neu gysylltu â'ch cymuned leol.

**Gallwch ddefnyddio eich amser lles unrhyw bryd ym mis Mawrth, nid yn unig ar y 22/03, cytunwch ar hyn gyda'ch tim ymlaen llaw. Am fanylion llawn ac i archebu ewch i FyMangor / Iechyd & Lles**

## **connect**

You can join one of these activities or choose to go out with colleagues, spend time in nature or connect with your local community.

**You can use your wellbeing time any day in March, not just on 22/03, just agree this with your team in advance.**

**For full details and booking go to MyBangor / Health & Wellbeing**

**Taith Gerdded Meddwlgarwch  
Mindful Walk  
Gerddi Treborth Gardens, 1-2:30pm**

**Sesiwn Symud  
Movement Session  
Canolfan Brailsford, 2:30-3:30pm**

**Clwb Llyfrau Lles Staff  
Wellbeing Book Club  
MS Teams, 1-2pm**

**Pêl-droed Cerdded  
Walking Football  
Cae Reichel Pitch, 1-2pm**

Trydarwch eich lluniau / Tweet your photos @LlesStaffBangor  
neu eu hanfon at: [iechydalles@bangor.ac.uk](mailto:iechydalles@bangor.ac.uk)  
or send them to: [staffhealthandwellbeing@bangor.ac.uk](mailto:staffhealthandwellbeing@bangor.ac.uk)