

Darlith iCan: Gwahaniaethu rhwng Deiet ac Anhwylder

3 Tachwedd 2021
10.30yb–1:00yp

Lleoliad: drwy Zoom

<https://us02web.zoom.us/j/82221834917?pwd=b05WRllpbFF5dDM3aDVxRUExbzlZUT09>

Meeting ID: 822 2183 4917

Passcode: 196220

Hwylusir gan

Tamsin Speight, Ymarferydd Anhwylder
Bwyta Arbenigol ac Yolanda Snyman,
Uwch Ddietegydd

Ydych chi'n poeni am eich siâp a'ch pwysau?

Ydych chi'n ceisio colli pwysau a dilyn deiet llym yn aml?

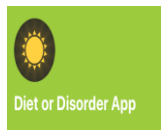
Ydych chi'n poeni bod gan un o'ch cydnabod anhwylder bwyta?

Os yw unrhyw un/bob un o'r uchod yn wir amdanoch chi, bydd y ddarlith iCan: Gwahaniaethu rhwng Deiet ac Anhwylder o fudd i chi!

Bydd y ddarlith yn gyfle i chi ddysgu sut i wahaniaethu rhwng deiet ac anhwylder, a sut i gael help neu gynnig help i un o'ch cydnabod a allai fod ag anhwylder bwyta.

Nid oes angen neilltuo lle ymlaen llaw.

Os nad ydych yn gallu bod yn bresennol, mae rhagor o gyngor a gwybodaeth ar gael am ddim ar yr ap dwyieithog yma. *Deiet neu Anhwylder: Ap rhad ac am ddim wedi'i lunio ar gyfer pobl sy'n poeni bod ganddynt anhwylder bwyta neu sy'n pryderu am eraill. Lawrlwythwch o iTunes neu Google Play Store*



Cyfeirir unrhyw ymholiadau at:
wellbeingservices@bangor.ac.uk

iCan Recognise a Diet from Disorder lecture

3 November 2021
10.30am–1:00pm

Venue: via Zoom

<https://us02web.zoom.us/j/82221834917?pwd=b05WRllpbFF5dDM3aDVxRUExbzlZUT09>

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Facilitated by

Tamsin Speight, Specialist Eating Disorder Practitioner & Yolanda Snyman, Advanced Dietician

Do you worry about your shape and weight?

Are you always trying to lose weight and follow a strict diet?

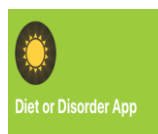
Are you worried that someone you know may have an eating disorder?

If any/all of these things are true for you, then the iCan Recognise a Diet from Disorder lecture is for you!

During this lecture you will learn how to recognise a diet from a disorder, and how to get help or help someone you know who may have an eating disorder.

There is no need for prior booking.

If you are not able to attend, then further advice and information can be found on the following free bilingual app. *Diet or Disorder: A free app designed for those who are concerned they may have an eating disorder and for people who care. Download on iTunes or Google Play Store*



Any enquiries to be directed to :
wellbeingservices@bangor.ac.uk