

Wednesday 18th September 2024

Health & Wellbeing Event

10.00 - 14.00. Civic Hall, Connah's Quay.

Your journey into health and wellbeing

Advice – from health care professionals
and local community groups

Support – including confidence building
and volunteering

Information – lifestyle advice, preparing
and looking for employment

For more
information
contact Kim Acton,
Disability
Employment Adviser
on 07717 867211

**Communities for Work Plus
and Flintshire Jobcentres
invite you to come along
and enjoy the day**

Dydd Mercher 18 Medi 2024

Digwyddiad Iechyd a Lles

10.00 - 14.00. Neuadd Ddinesig, Cei Connah.

Eich taith iechyd a lles

Cyngor – gan weithwyr proffesiynol a grwpiau
cymunedol lleol

Cefnogaeth – gan gynnwys magu hyder a gwirfoddoli

Gwybodaeth – cyngor ar ffordd o fyw, paratoi a chwilio
am waith

Am fwy o wybodaeth,
cysylltwch â
Kim Acton,
Ymgynghorydd
Cyflogaeth Pobl Anabl,
ar 07717 867211

**Mae Cymunedau am Waith a Mwy
a Chanolfan Waith Sir y Fflint
yn eich gwahodd i ddod draw a
mwynhau'r diwrnod**