

# Sgwrs Iach – Let's Talk Health



Bwrdd Iechyd Prifysgol  
Hywel Dda  
University Health Board



Mae Bwrdd Iechyd Prifysgol Hywel Dda a Chyngor Iechyd Cymuned Hywel Dda yn cynnal cyfres o ddiwyddiadau mewn cymunedau ar draws Sir Gaerfyrddin, Ceredigion a Sir Benfro.

Mae croeso i chi ddod draw i ddarganfod mwy am wasanaethau iechyd lleol ac i rannu eich barn.

Dyma eich gwasanaeth iechyd chi, ac mae angen i ni gydweithio er mwyn sicrhau ei fod yn gweithio i'r dyfodol.

Hywel Dda University Health Board and Hywel Dda Community Health Council are holding a series of events in communities across Carmarthenshire, Ceredigion and Pembrokeshire.

Please come along to find out more about local health services and to share your views.

This is your health service and we need to work together with you to make it work for the future.

Amser / Time	Dyddiad / Date	Lleoliad / Venue	Cod Post / Postcode
2.00 pm – 4.00 pm	21 Mai 2015 21 May 2015	Y Neuadd Fawr, Neuadd y Dref, Aberteifi The Great Hall, Guildhall, Cardigan	SA43 1JL
6.30 pm – 8.30 pm	27 Mai 2015 27 May 2015	Canolfan Fethodistaidd St Paul, Aberystwyth St Paul's Methodist Centre, Aberystwyth	SY23 2NN
6.30 pm – 8.30 pm	2 Mehefin 2015 2 June 2015	Neuadd Goffa Porth Tywyn, Porth Tywyn Burry Port Memorial Hall, Burry Port	SA16 0BN
10.00 am – 12.00 pm	9 Mehefin 2015 9 June 2015	Aelwyd yr Urdd, Brynaman Aelwyd yr Urdd, Brynaman	SA18 1SG
2.00 pm – 4.00 pm	15 Mehefin 2015 15 June 2015	Neuadd Goffa Rhys Pritchard, Llanymddyfri Rhys Pritchard Memorial Hall, Llandoverly	SA20 0DD
2.00 pm – 4.00 pm	23 Mehefin 2015 23 June 2015	Pafiliwn De Valence, Dinbych-y-Pysgod De Valence Pavilion, Tenby	SA70 7JD
6.00 pm – 8.00 pm	24 Mehefin 2015 24 June 2015	<b>Sesiwn Holi ac Ateb Ar-lein – ewch i</b> <b><a href="http://www.bihyweldda.wales.nhs.uk/sgwrsiach">www.bihyweldda.wales.nhs.uk/sgwrsiach</a> am</b> <b>fwy o wybodaeth</b> <b>Online Question and Answer session – go to</b> <b><a href="http://www.hywelddahb.wales.nhs.uk/letstalkhealth">www.hywelddahb.wales.nhs.uk/letstalkhealth</a></b> <b>for more information</b>	
6.30 pm – 8.30 pm	29 Mehefin 2015 29 June 2015	Archifdy Sir Benfro, Hwlfordd Pembrokeshire Archives, Haverfordwest	SA61 2PE

Am fwy o wybodaeth cysylltwch â [Hyweldda.ymgysylltu@wales.nhs.uk](mailto:Hyweldda.ymgysylltu@wales.nhs.uk) neu ffoniwch 01554 899 056.

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