

# Grŵp Cerdded Walking Group

*Pob Dydd Llun*  
*Every Monday*

11.30  
am

Croeso cynnes i bawb

*A warm welcome to  
everyone of  
all abilities*

Man cyfarfod · Meeting point

Canolfan Iechyd a Llêu Lôn Abaty  
Bangor, Gwynedd. LL57 2EA

Abbey Road Health and  
Wellbeing Centre  
Bangor, Gwynedd. LL57 2EA

Ffôn/Tel. 01248 354888

**am ddim!**  
**Free!**