

# Ymarfer Corff Ysgafn Light Exercise

gyda Delyth a John / with Delyth and John

Pob Dydd Mercher  
Every Wednesday

**11-12**  
am pm

Canolfan Iechyd a Llên Lôn Abaty

Abbey Road Health and Wellbeing Centre

Bangor

Gwynedd

LL57 2EA

**Tel/Ffôn 01248 354888**