

Wedi cael strôc?

Ymunwch â'n cwrs Atal Strôc Eilradd

Dysgwch gamau cadarnhaol i lleihau eich risg o gael strôc arall a byw bywyd llawn.

Pw sy'n gally mynychu?

Unrhywun 18 oed neu'n hyn sydd â hanes o strôc.

Am fwy o wybodaeth am y cwrs neu i gadw lle siaradwch â'r **Tîm ATtal Strôc** neu cysylltwch â'r **Tîm Hunaofal**:



03000 852280



EPPCymru.BCUHB@wales.nhs.uk.

Had a stroke?

Join our Secondary Stroke Prevention course

Learn positive steps to reduce your risk of a further stroke and live life to the full.

Who can attend?

Anyone aged 18 or over with history of a stroke.

For more information about the course or to book your place, please speak to the **Stroke Prevention Team**, or contact the **Self-Care Team**:



03000 852280



EPPCymru.BCUHB@wales.nhs.uk.

Fformat / Format:

Online

Dyddiadau / dates:

Dydd Iau / Thursdays 20/08/26 – 01/10/26

Amser / time:

14:00 – 16:30



**GIG
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WALES**

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

