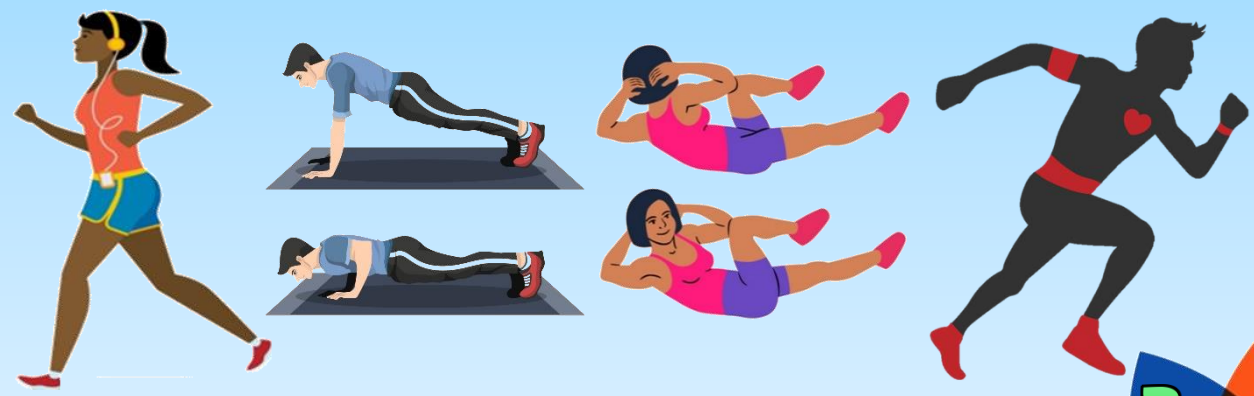


# Ffitrwydd Corfforol Meddwlgarwch & Symudedd

[Physical Fitness]

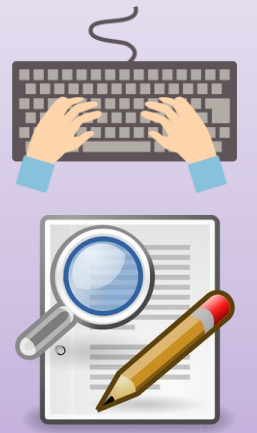
[Mindfulness & Mobility]



Bwydlen



Iechyd & Lles



# Sgiliau Cyd-Drefniant Gwella Effeithiolrwydd Personol

[Co-ordination Skills]

[Improve Personal Effectiveness]