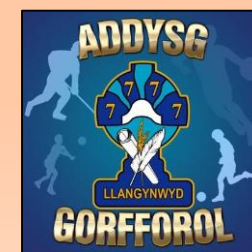
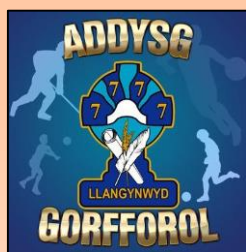




Iechyd & Lles



Ffitrwydd Corfforol Meddwlgarwch & Symudedd

[Physical Fitness]

[Mindfulness & Mobility]



Sgiliau Cyd-Drefniant Gwella Effeithlonrwydd Personol

[Co-ordination Skills]

[Improve Personal Efficiency]