

Ydych chi wedi'ch diagnosisio gydag
Osteoarthritis yn eich pen-glin?

Ydych chi'n byw gyda phoen yng
ngwaelod eich cefn?

Os taw 'YDW' yw'r ateb!

Hoffech chi fynychu sesiwn wybodaeth a
dysgu mwy am un o'r cyflyrau hyn?
Cysylltwch â ni gan ddefnyddio'r
manylion isod

Have you been diagnosed with
Osteoarthritis of the Knee?

Are you living with Lower Back Pain?

If the answer is YES!

If you would like to attend an
information session to learn more
about one of these conditions, please
contact us on the details below

01495 768645

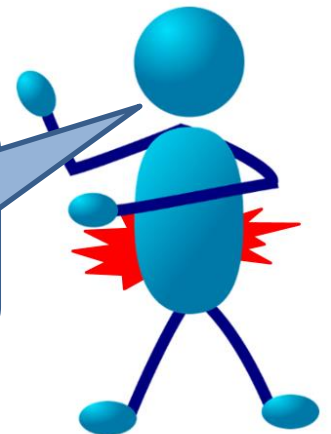
E-bost/Email: OAKReferrals.ABB@wales.nhs.uk

www.wales.nhs.uk/sitesplus/866/page/95857/



Very informative and has
helped me be aware of when
it's the right time to ask for
help from the health
professionals

Fe wnes i
fwynhau'r sesiwn.
Ro'n i'n teimlo'n
well wedyn



I really enjoyed this
session and felt better
afterwards

Llawn gwybodaeth –
dwi nawr yn gwybod
pryd mae gofyn am
help gan y gweithwyr
iechyd

