

## Beth yw Camau Iach?

Cwrs sy'n addas ar gyfer unrhyw un sy'n byw gyda chyflwr iechyd neu sy'n gofalu am rywun sydd â chyflwr iechyd yw Camau Iach a'i nod yw darparu ychydig o "offer" a gwybodaeth i wella eich gallu i reoli iechyd eich traed drosoch ei hun.

Cwrs rhyngweithiol ac anffurfiol yw hwn wedi'i gynnal yng Ngogledd Cymru gan Swyddfa Hunanofal Bwrdd Iechyd Prifysgol Betsi Cadwaladr.

Mae'r cwrs yn sesiwn 1 awr a hanner ac mae ar gael mewn lleoliadau cymunedol ar draws Gogledd Cymru lle bo hynny'n bosib. Mae fersiwn ar-lein ar gael dros unrhyw ddyfais sy'n cysylltu â'r we.



Am ragor o wybodaeth, neu i gadw lle ar gwrs, cysylltwch â'r Swyddfa Hunanofal ar **03000 852281**, e-bostiwrch

**[eppcymru.bcuhb@wales.nhs.uk](mailto:eppcymru.bcuhb@wales.nhs.uk)**  
neu dychwelwch y slip isod at:

Cydlynnydd Swyddfa Hunan Ofal,  
Eryldon, Lôn Campbell, Caernarfon,  
Gwynedd. LL55 1HU

### Slip Dychwelyd Cwrs Ôl Traed Iach

Enw:

Cyfeiriad:

Cod Post:

Rhif ffôn:



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

# Healthy Footsteps Foot Health Education



## What is Healthy Footsteps?

Healthy Footsteps is a course that is suitable for anyone living with a health condition or who cares for someone with a health condition and aims to provide you with some “tools” and information to improve your ability to self manage your foot health .

It is an interactive and informal course run in North Wales by the Betsi Cadwaladr University Health Board’s Self Care Office.

The course is a 1.5 hour session and is available in community settings across North Wales where possible. An online version is accessible via any internet connected device.



For more information, or to book a place on a course, please

contact the Self Care Office on **03000 852281**, e-mail

**[eppcymru.bcuhb@wales.nhs.uk](mailto:eppcymru.bcuhb@wales.nhs.uk)**

or return the slip below to:

Self Care Office Co-ordinator,  
Eryldon, Campbell Road,  
Caernarfon, Gwynedd. LL55 1HU

### Healthy Footsteps Course Return Slip

Name:

Address:

Post Code:

Phone number:



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