

STANCE



Diabetes Foot Health Engagement and Empowerment to Self-care

HEALTHY ME, MY HEALTHY FEET
FOOT HEALTH EDUCATION FOR PEOPLE WITH
DIABETES

Beth yw STANCE?

Cwrs sy'n addas ar gyfer unrhyw un sy'n byw gyda diabetes yw STANCE 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** neu dychwelwch y slip isod at:

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

Slip Dychwelyd Cwrs STANCE

Enw:

Cyfeiriad:

Cod Post:

Rhif ffôn:



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Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board

STANCE Diabetes Foot Health Education



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What is STANCE?

STANCE is a course that is suitable for anyone living with diabetes 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
or return the slip below to:

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

STANCE Course Return Slip

Name:

Address:

Post Code:

Phone number:



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