

Do you want to...

- Find out more about your health condition?**
- Gain skills and confidence with managing your health?**
- Reduce the risks of serious health complications?**

Hywel Dda Be Well Service

We offer a range of Health and Wellbeing Programmes for anyone over the age of 18 that has a chronic condition, or cares for someone that does.

Programmes include:



Chronic Disease Self-Management Programme

Diabetes Self-management programme

X-PERT Diabetes Programme

STANCE - Diabetic Foot Care

Living with COPD

Pain Management programme

Cancer: Thriving and Surviving

Long COVID

Healthy Ageing


Living with Lymphoedema

Introduction to Looking After Me - For Carers


Healthy Bladder and Bowel

Foodwise for Life - Weight Management Programme

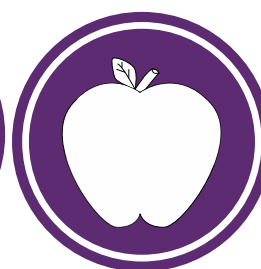
For more information, please contact

 **0300 303 8322 (Option 5)**

 **EPP.HDD@wales.nhs.uk**

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Bydd Iach - Hywel Dda - Be Well





Ydych chi eisiau...

**Mwy o wybodaeth am gyflwr eich iechyd?
Ennill sgiliau a hyder gyda rheoli eich iechyd?
Lleihau risgiau cymhlethdodau iechyd difrifol?**

Gwasanaeth Bydd Iach Hywel Dda

Rydym yn cynnig amrywiaeth o Raglenni Iechyd a Lles i unrhyw un dros 18 oed sydd â chyflwr cronig, neu'n gofalu am rywun gyda chyflwr cronig.

Ymhlith y rhaglenni mae:



Rhaglen Hunan-reoli Clefyd Cronig (CDSMP)

Rhaglen Hunanreoli Diabetes (DSMP)

Rhaglen Diabetes X-PERT

STANCE - Gofal Traed Diabetic

Byw gyda COPD

Rhaglen Rheoli Poen

Canser: Ffynu a Goroesi

Byw gyda COVID Hir

Heneiddio'n Iach

Byw gyda Lymffodema

Cyflwyniad i Iechyd a Lles i Ofalwyr

Pledren a Choluddyn Iach

Rhaglen Rheoli Pwysau - Bwyd Doeth am Oes

Am mwy o wybodaeth, cysylltwch

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