



# WELLBEING & ART

*Do you have an interest in art and want to improve your wellbeing?*

*Join our FREE 8 week programme  
Explore your creativity and improve your health and wellbeing.*

**Starting June 5th for 8 weeks**

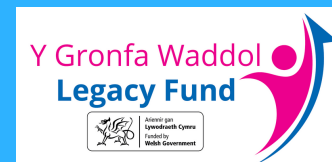
**The Palms, Llanelli**

**9:30am - 12:30pm**

*For more information or to book your place please contact us on*

**01554 742663 / 07901511654**

**C4WPlus@carmarthenshire.gov.uk**





# LLESIANT & CELF

*A oes gennych ddiddordeb mewn Celf ac eisiau gwella eich llesiant?*

*Ymunwch â'n rhaglen 8 wythnos AM DDIM  
Datblygu eich creadigrwydd gan arwain at well  
iechyd a llesiant.*

**Dechrau Mehefin 5 am 8 wythnos  
Y Palms, Llanelli  
9:30yb - 12:30yp**

*Am ragor o wybodaeth neu i archebu lle,  
cysylltwch â ni ar*

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*C4WPlus@sirgar.gov.uk*