

60+ MOT DAY

FREE Health & Fitness Check-Up

Wednesday 27th March 2019
10.00 – 4.00pm

Carwyn James Building, Penglais Campus
Aberystwyth University

You are invited to attend various assessments that replicate daily living activities. We will provide you with an overview of your strengths and weaknesses in the different components of fitness and provide guidance on healthy living.

Including:

Blood pressure
Specialist Osteoporosis advice
Foot health care

Supported by:



Refreshments and lunch will be provided

Workshop Leaders:

David Langford & Marco Arkesteijn

To book a place and receive an information pack please call:

01970 622299

Uned Ymchwil Asesu Lles ac Iechyd
Well-being and Health Assessment Research Unit



60+ Diwrnod MOT

Prawf AM DDIM Iechyd a Ffitrwydd at Bwrpas i bobl 60+

Dydd Mercher, Mawrth 27, 2019
10.00 – 4.00yp

**Carwyn James Building, Penglais Campus
Prifysgol Aberystwyth University**

Fe'ch gwahoddir i fynychu asesiadau amrywiol sy'n dangos gweithgareddau byw bob dydd. Mi fyddwn yn paratoi arolwg o'ch cryfderau a'ch gwendidau yn yr elfen o ffitrwydd a darparu arweiniad ar fyw'n iach.

Gan gynnwys:

**Pwysedd gwaed
Cyngor osteoporosis
Gofal iechyd Traed**

Cefnogir gan:



Darparir lluniaeth a chinio

Arweinwyr gweithdai:

David Langford & Marco Arkesteijn

Er mwyn archebu lle ac yn derbyn pecyn o wybodaeth cysylltwch â:

01970 622299

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