**Virtual Self Care Courses**

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| --- | --- | --- | --- | --- | --- |
| **Math Cwrs****Course Type** | **Diwrnod****Day** | **Dyddiad Cychwyn****Start Date** | **Dyddiad Gorffen****End Date** | **Amser Cychwyn****Start Time** | **Amser Gorffen****End Time** |
| X-PERT Diabetes | Dydd MercherWednesday | 04/05/2022 | 15/06/2022 | 14:00 | 16:30 |
| X-PERT InsiwlinX-PERT Insulin | Dydd LlunMonday | 06/06/2022 | 18/07/2022 | 14:00 | 16:30 |
| X-PERT Diabetes | Dydd MercherWednesday | 08/06/2022 | 20/07/2022 | 9:30 | 12:00 |
| Pum Ffordd at LlesFive Ways to Wellbeing | Dydd GwenerFriday | 10/06/2022 | ~ | 09:30 | 10:30 |
| X-PERT Diabetes | Dydd LlunMonday | 13/06/2022 | 25/07/2022 | 10:00 | 12:30 |
| Cyflwyniad i Huhanrheoli Covid HirdymorIntroduction to Long Covid Self-Management | Dydd MawrthTuesday | 14/06/2022 | ~ | 09:30 | 12:30 |
| X-PERT Diabetes | Dydd MawrthTuesday | 14/06/2022 | 26/07/2022 | 12:00 | 14:30 |
| Byw’n Dda wrth WeithioLiving Well while Working | Dydd Llun a dydd IauMondays & Thursdays | 23/06/2022 | 11/08/2022 | 09:00 | 10:00 |
| Hunanrheoli Covid HirdymorLong Covid Self-Management | Dydd Llun a dydd IauMondays & Thursdays | 23/06/2022 | 11/08/2022 | 11:00 | 12:30 |
| Canser: Ffynnu a Goroesi Cancer: Thriving & Surviving | Dydd LlunMonday | 27/06/2022 | 08/08/2022 | 14:00 | 16:30 |
| Gofalu am Ti a FiCaring for Me & You | Dydd MercherWednesday | 22/06/2022 | 10/08/2022 | 14:00 | 16:30 |
| Hunanrheoli DiabetesDiabetes Self-Management  | Dydd IauThursday | 23/06/2022 | 11/08/2022 | 14:00 | 16:30 |
| Iechyd a LlesHealth & Wellbeing | Dydd GwenerFriday | 01/07/2022 | 12/08/2022 | 10:00 | 12:30 |
| Rheoli Poen CronigChronic Pain Management | Dydd GwenerFriday | 01/07/2022 | 12/08/2022 | 14:00 | 16:30 |
| X-PERT Diabetes | Dydd MawrthTuesday | 26/07/2022 | 06/09/2022 | 10:00 | 12:30 |
| Cyflwyniad i Huhanrheoli Covid HirdymorIntroduction to Long Covid Self-Management | Dydd GwenerFriday | 19/08/2022 | ~ | 13:00 | 16:00 |
| Cyflwyniad i Huhanrheoli Covid HirdymorIntroduction to Long Covid Self-Management | Dydd IauThursday | 01/09/2022 | ~ | 09:30 | 12:30 |
| Rheoli Poen CronigChronic Pain Management  | Dydd MawrthTuesday | 06/09/2022 | 18/10/2022 | 10:00 | 12:30 |
| Hunanrheoli Covid HirdymorLong Covid Self-Management | Dydd Mawrth a dydd IauTuesdays & Thursdays | 08/09/2022 | 20/10/2022 | 14:00 | 15:30 |
| Byw’n Dda wrth WeithioLiving Well while Working | Dydd Mawrth a dydd IauTuesdays & Thursdays | 08/09/2022 | 20/10/2022 | 16:30 | 17:30 |
| Iechyd a LlesHealth & Wellbeing  | Dydd GwenerFriday | 09/09/2022 | 21/10/2022 | 14:00 | 16:30 |
| Gwydnwch EmosiynolEmotional Resilience | Dydd LlunMonday | 19/09/2022 | ~ | 14:00 | 17:00 |
| Cyflwyniad i Gofalu Amdanaf i ar gyfer Gofalwyr Introduction to Looking After Me for Carers | Dydd LlunMonday | 03/10/2022 | ~ | 09:30 | 12:30 |
| Pum Ffordd at LlesFive Ways to Wellbeing | Dydd LlunMonday | 03/10/2022 | ~ | 14:00 | 15:00 |
| Camau Iach (addysg gofael traed)Heathy Footsteps (foot care education) | Dydd LlunMonday | 17/10/2022 | ~ | 10:00 | 11:30 |
| STANCE (addysg gofael traed diabetes)STANCE (diabetes foot care education) | Dydd LlunMonday | 17/10/2022 | ~ | 13:00 | 14:30 |
| Cyflwyniad i Huhanrheoli Covid HirdymorIntroduction to Long Covid Self-Management | Dydd MercherWednesday | 26/10/2022 | ~ | 09:30 | 12:30 |
| Hunanrheoli COPD am OesCOPD Self-Management for Life | Dydd MawrthTuesday | 01/11/2022 | 20/12/2022 | 10:00 | 11:30 |
| X-PERT Diabetes | Dydd MawrthTuesday | 01/11/2022 | 06/09/2022 | 10:00 | 12:30 |
| Byw’n Dda wrth WeithioLiving Well while Working | Dydd Llun a dydd IauMondays & Thursdays | 03/11/2022 | 15/12/2022 | 09:00 | 10:00 |
| Hunanrheoli Covid HirdymorLong Covid Self-Management | Dydd Llun a dydd IauMondays & Thursdays | 03/11/2022 | 15/12/2022 | 11:00 | 12:30 |
| Canser: Ffynnu a Goroesi Cancer: Thriving & Surviving  | Dydd MawrthTuesday | 01/11/2022 | 13/12/2022 | 10:00 | 12:30 |
| Rheoli Poen CronigChronic Pain Management  | Dydd GwenerFriday | 04/11/2022 | 16/12/2022 | 10:00 | 12:30 |
| Cyflwyniad i Gofalu Amdanaf i ar gyfer Gofalwyr Introduction to Looking After Me for Carers | Dydd MercherWednesday | 09/11/2022 | ~ | 09:30 | 12:30 |
| Cyflwyniad i Huhanrheoli Poen CronigIntroduction to Chronic Pain Self-Management | Dydd MercherWednesday | 09/11/2022 | ~ | 14:00 | 17:00 |
| Pum Ffordd at LlesFive Ways to Wellbeing | Dydd MercherWednesday | 16/11/2022 | ~ | 15:00 | 16:00 |
| STANCE (addysg gofael traed diabetes)STANCE (diabetes foot care education) | Dydd MercherWednesday | 23/11/2022 | ~ | 10:00 | 11:30 |
| Gwydnwch EmosiynolEmotional Resilience | Dydd MercherWednesday | 23/11/2022 | ~ | 13:00 | 16:00 |
| Cyflwyniad i Huhanrheoli Covid HirdymorIntroduction to Long Covid Self-Management | Dydd MercherWednesday | 19/12/2022 | ~ | 09:30 | 12:30 |