

epilepsy *action*
Cymru

Byw gydag Epilepsi



Ysgol Fusnes Bangor

Ffordd y Coleg, Bangor LL57 2DG

Dydd Sadwrn 13 Mai 2017

10:30-3:30

Ymunwch â ni yn ein digwyddiad byw gydag epilepsi ym Bangor er mwyn:

- Dysgu sgiliau newydd i helpu i reoli eich iechyd a'ch llesiant yn well
- Cael gwybod am driniaethau epilepsi eraill a allai weithio i chi
- Mynd â'n cynllun 'wyth cam i well triniaeth' adref gyda chi
- Siarad ag arbenigwyr meddygol am driniaethau eraill

Bydd y gweithdy yn archwilio ffyrdd i wella rheoli ffitiau, yn cynnwys cyffuriau gwrth epilepsi, llawdriniaeth ar gyfer epilepsi ac ysgogi'r nerf fagws (VNS).

Er mwyn archebu lle, ewch i'n gwefan drwy epilepsy.org.uk/bangor neu cysylltwch â'r Tîm Gwasanaethau Lleol drwy ffonio 0113 210 8885.

Epilepsy Action Cymru

Ffon: 07739 093 211 / 01633 253 407

Blwch Post 805

CASNEWYDD NP20 9FU



Epilepsy Action Helpline: freephone 0808 800 5050 text 0753 741 0044
email helpline@epilepsy.org.uk epilepsy.org.uk

Epilepsy Action is a working name of British Epilepsy Association.

A company limited by guarantee (registered in England No. 797997) Registered charity in England (No. 234343)

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Living with epilepsy



Bangor Business School

College Road, Bangor LL57 2DG

Saturday 13 May 2017 10.30am to 3.30pm

Join us at our Bangor 'living with epilepsy' workshop and:

- Learn new skills to help manage your health and well being
- Find out about other epilepsy treatments that may work for you
- Take home our 'eight-steps to better treatment' plan
- Hear from medical experts about other treatments

The workshop will explore ways to improve seizure control including, surgery for epilepsy; vagus nerve stimulation (VNS), diet, and will include discussion sessions.

Book your place at epilepsy.org.uk/bangor or telephone 0113 210 8885.

Epilepsy Action Cymru

Tel: 01633 253407

Mobile: 07767 242 658 / 07739 093 211

PO Box 805

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