



DOLWYDDELAN FITNESS

(Ysgol Dolwyddelan)

Body Conditioning
5.45pm

Every Wednesday evening
Membership at £20 per month for the rural programme

Register -
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Conwy County, the right environment
to keep fit and healthy

Siôn a Siân

The Sion a Sian's Club first meeting in 2020 is the AGM
on 9th March at 2.00pm in the Ganolfan.

New Members are very welcome.

Thank You

On behalf of Angie Burke, member of the Menter Siabod committee . . .

Dear Readers, we would like to thank the wonderful people of Dolwyddelan and Pont-y-Pant for all the help and offers of help, cards, good wishes and prayers during Mike's recent 8 week stay in hospital.

We are happy to report he is now making good progress at home. Thank you so much. Mike and Angie Burke