



# Warm Spaces

## Croeso Cynnes @ Siop Nain

**Come in, get warm/dewch i yn gynnes**

**Enjoy a free meal/Mwynhau pryd o fwyd am ddim**

**Learn some Mindfulness/Dysgu rhywfaint o Meddwlgarwch**

### All Welcome/Croeso I Bawb



**Tuesdays 12-2pm**

**Feb 18th, 25th.**

**March 4th 11th, 18th 25th**

**Wednesdays 3:30-6pm**

**Feb 19th, 26th.**

**March 5th, 12th, 19th 26th**

