

OLDER PERSONS NUTRITION

- LUNCH AND LEARN



GIG
CYMRU
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WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

The 30 minute workshops are delivered by the Aneurin Bevan University health board Dietetics team. It would ideally suit staff supporting older people with food and nutrition needs.

We offer a variety of training topics including:

- MUST screening (malnutrition)
- Food first
- Hydration, food and fluid charts
- Protein , Vitamin D and Calcium
- Menu planning
- Healthy eating (and weight management)



If you would like to book onto any of these sessions please use the link or QR code:



<https://outlook.office.com/book/OPNLunchandLearn@wales.nhs.uk/?ismsaljsauthenabed>

**FOR ALL OTHER ENQUIRIES REGARDING THE SESSIONS ABOVE,
PLEASE CONTACT US BY EMAIL OR TELEPHONE**



01633 740144



ABB.NSFLbooking@wales.nhs.uk

MAETH POBL HŶN

- CINIO A DYSGU

Mae'r gweithdai 30 munud yn gael ei chyflwyno gan dîm Dietegeg bwrdd iechyd Prifysgol Aneurin Bevan.

Byddai'n ddelfrydol yn addas i staff sy'n gweithio mewn cartrefi gofal neu'r trydydd sector sy'n darparu bwyd a diodydd i oedolion hŷn neu'n creu bwydlenni.

Rydym yn cynnig amrywiaeth o bynciau hyfforddi gan gynnwys:

- Sgrinio MUST (diffyg maeth)
- Bwyd yn gyntaf
- Hydradiad, siart bwyd a hylif
- Protein, Fitamin D a Chalsiwm
- Cynllunio bwydlenni
- Bwyta'n iach (a rheoli pwysau)



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Os hoffech chi archebu lle ar unrhyw un o'r sesiynau hyn, defnyddiwch y ddolen neu'r cod QR:



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**AM BOB YMHOLIAD ARALL YNGHYLCH Y SESIYNAU UCHOD,
CYSYLLTWCH Â NI DRWY E-BOST NEU DROS Y FFÔN**



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