



**Helo Afancod!**

**Hey Beavers!**

**Health  
Challenge  
Wales  
badge for  
Beaver  
Scouts**

**Bathodyn  
Her Iechyd  
Cymru  
ar gyfer  
Afancod**

We want to help everyone in Wales to get healthy and we need you and your fellow Beavers to help spread the healthy message.

So as part of Health Challenge Wales, Beavers are being asked to get active and help others get active too.

In return for your hard work, we will reward you with your very own Health Challenge Wales badge.

Rydym eisiau helpu pawb yng Nghymru i fod yn iach, ac rydym angen eich help chi i ledaenu'r neges am fyw'n iach.

Felly, fel rhan o Her Iechyd Cymru, rydym yn gofyn i chi'r Afancod fynd ati i fod yn heini a helpu eraill i fod yn heini hefyd.

Yn gyfnewid am eich gwaith caled, gwnawn eich gwobrwyo â bathodyn arbennig Her Iechyd Cymru.

**I gael gwybod mwy am sut i ennill y bathodyn arbennig yma, gofynnwch i'ch arweinydd tîm am daflen**

**For more information on how to earn this special award ask your team leader for a leaflet**



Llywodraeth Cynulliad Cymru  
Welsh Assembly Government