



# Linking you with community activities to improve your health and wellbeing



Have you recently retired - or retiring soon?  
Do you want to be more active in your  
community or want to meet new people?  
**MÔN COMMUNITY LINK** can help you!

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**Your Link, Your Community**



Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

