

Clwyd Branch website : <http://mndclwyd.org>

Website : [mndassociation.org](http://mndassociation.org)

Facebook : <http://www.facebook.com/clwydmnda>

Facebook : North West Wales MND Support Group

Twitter : @clwydmnda

Twitter : mndnorthwa



**16.6.18**



**Llandudno**

**LL30 2LP**

Mae pob cam yn gwneud gwahaniaeth. Cerddwn mewn gobaith, cerddwn er cof am rywun arbennig ac i roi cefnogaeth. Cerddwn gyda'r gobaith o weld y byd yn rhydd o Glefyd Motor Niwron.

**GAD I NI GAMU 'MLAEN GYDA'N GILYDD!**

Every step makes a difference. We walk for hope, we walk in support, we walk in memory and we walk so that one day we will see a world free of Motor Neuron Disease.

**TOGETHER, LET'S TAKE STEPS TO D-FEET MND!**

Dewch at eich gilydd efo teuluoedd a ffrindiau (croeso i blant ac anifeiliaid!) i gerdded 3.5 milltir i helpu codi arian tuag at Glefyd Motor Niwron.

Come together with friends and family (kids and pets welcome!) for a 3.5 mile walk in aid of Motor Neuron Disease.

**Cofrestru o 10:30yb, Cerdded am 11:00yb (mynedfa i bier Llandudno)  
Registration from 10:30am, Walk begins 11:00am (entrance to Llandudno Pier)**