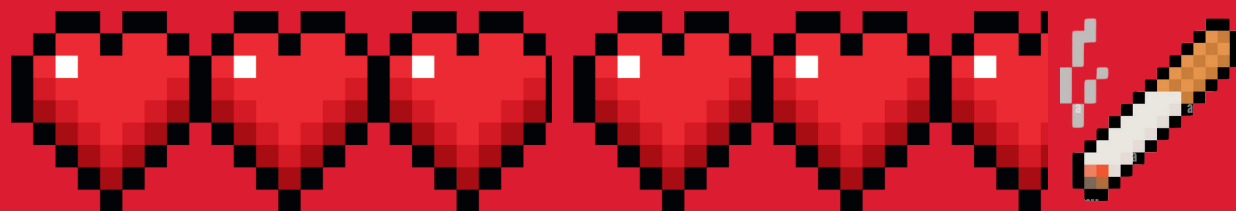


# DIWRNØD DIM SMYGU

MAWRTH 12 2025



## MAE POB SIGARÉT YN CYMRYD 20 MUNUD ODDI AR EICH BYWYD\*

Rhowch y gorau iddi heddiw.  
Cymerwch eich amser yn ôl.



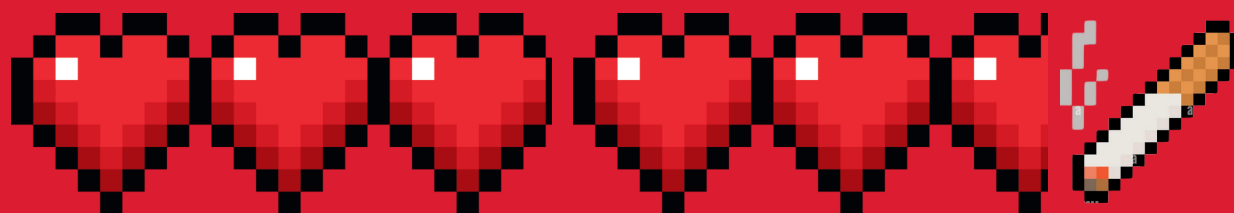
**Help to Quit Smoking**  
Freephone: 0800 085 2219  
Visit: [helpmequit.wales](https://helpmequit.wales)  
Text: HMQ to 80818



**JOIN THE CONVERSATION**  
**#NOSMOKINGDAY2025**

# NO SMOKING DAY

12TH MARCH 2025



## EVERY CIGARETTE TAKES 20 MINUTES OFF YOUR LIFE\*

Quit today. Take back your time.



Helpu i Roi'r Gorau i Ysmygu

Rhadffôn: 0800 085 2219

Ewch i: [helpafiistopio.cymru](http://helpafiistopio.cymru)

Testun: HMQ i 80818



YMUNWCH Â'R SGWRS  
#DIWRNODDIMSMYGU2025