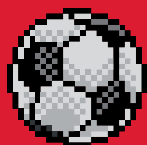




MAE POB SIGARÉT YN CYMRYD **20 MUNUD** ODDI AR EICH BYWYD*

Beth Allech Chi Ei Wneud ag 20 Munud?



DIWRNØD DIM SMYGU

MAWRTH 12 2025



Helpu i Roi'r Gorau i Ysmygu

Rhadffôn: 0800 085 2219

Ewch i: helpafiistopio.cymru

Testun: HMQ i 80818





EVERY CIGARETTE TAKES 20 MINUTES OFF YOUR LIFE*

What Could You Do With 20 Minutes?



NO SMOKING DAY

12TH MARCH 2025



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