

BYDDWCH YN FAM DDI-FWGI!
BE A SMOKEFREE MUMMY!



Stopiwch smygu er eich mwyn chi a stopiwch smygu er mwyn eich plant

Stop smoking for you and stop smoking for your children

Find out more about your
options at **www.quit.wales**

Cewch wybod mwy am eich
opsynau ar **www.stopia.cymru**





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MAE'R HAF YN AMSER



ARDDERCHOG I

ROI'R GORAU IDDI

SUMMER IS

A GREAT TIME

TO QUIT

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STOPIA EREU
MWYN NHW
QUIT FOR
THEM

Dwedwch ie i ddyfodol iachach, hapusach

Say yes to a healthier, happier future

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YDYCH CHI WEDI YMUNO

Â'N CYMUNED FACEBOOK?

HAVE YOU JOINED OUR

FACEBOOK COMMUNITY?

WWW.FACEBOOK.COM/QUITFORTHEM

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Wythnos newydd, Chi Newydd!

Stopiwch smygu yfory a byddwch

yn teimlo fel person newydd

yr wythnos nesaf.

New week, new you!

Stop smoking tomorrow

and feel like a

new person next week.



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Blwyddyn Newydd, Chi Newydd!

Dwedwch ie i ffordd iach o fyw

eleni a rhoi'r gorau i smygu.

New Year, New You!

Say yes to a healthier lifestyle

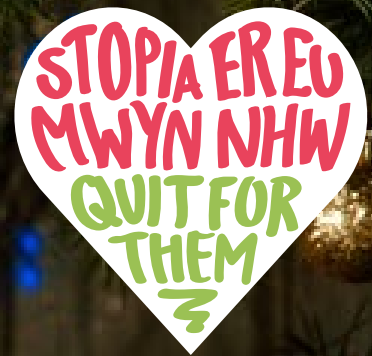
and quit smoking.



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Rhowch yr anrheg gorau

i'ch plant y Nadolig yma

drwy roi'r gorau i smygu!

Give your kids the best

present this Christmas

and quit smoking!

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