



GIG
CYMRU
NHS
WALES

Are you thinking about quitting smoking?

Join other mums and mums-to-be who want to quit.

Come for a chat, free information and NHS support.

When: Every Thursday

Where: Nurture Centre,
Carmarthen

(the old Day Centre at the back of Marks & Spencer)

Drop-in: 11.00am - 1.00pm

(children welcome)

Dewiswch fod yn Ddi-fwg
Choose Smokefree

0800 085 2219

HELPA FII
STOPIO
-
HELP ME
QUIT



GIG
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Ydych chi'n meddwl am stopio smygu?

Ymunwch a mamau eraill a mamau – i – fod sydd eisiau stopio.

Dewch am sgwrs, gwybodaeth am ddim a chymorth GIG.

Pryd: Pob Dydd Iau

Ble: Canolfan Nurture, Caerfyrddin
(yr hen Ganolfan Ddydd tu ôl i Marks & Spencer)

Amser: 11.00am - 1.00pm
(croeso i blant)

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