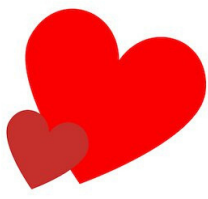




GO RED FOR WALES THIS FEBRUARY!

'Go Red' this February 11th (or any day in February) and raise money for our **Big Red Heart Appeal**



WAYS TO GET INVOLVED...



Wear red for the day



Host a red event



Do red activities





GO RED & SAVE LIVES!

All donations provide...
CPR training, heart screening and defibrillators for Welsh communities.



GET INVOLVED TODAY!

 heartscreening.wales/campaigns
 info@heartscreening.wales



CALON HEART
SCREENING AND DEFIBRILLATORS
THE HEART CHARITY FOR WALES
11993404

   @CalonDefibs



EWCH YN GOCH DROS GYMRU Y MIS CHWEFROR HWN!

'Ewch yn Goch' yn ystod Mis y Galon er
mwyn codi arian ar gyfer **Apêl y Galon
Fawr Goch** ar 11 Chwefror!



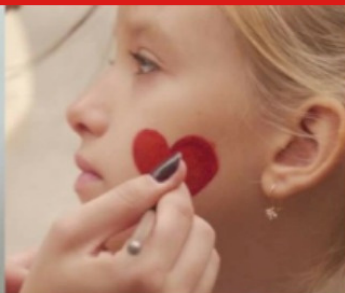
SUT I GYMRYD RHAN...



Gwisgo Coch am y dydd



Cynnwl digwyddiad coch



Cymryd rhan mewn
gweithgareddau coch



EWCH YN GOCH AC ACHUB BYWYDAU

Mae'r holl roddion yn darparu...

Hyfforddiant CPR, sgrinio calonnau a diffibrilwyr i
gymunedau Cymru.



CYMERWCH RAN HEDDIW!



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