

**Ydych chi'n gwybod ble mae eich diffibriliwr agosaf?
Ydych chi'n gwybod sut i'w ddefnyddio mewn argyfwng?**



**Do you know where your nearest defibrillator is?
Do you know how to use it in an emergency?**

HYFFORDDIANT DIFFIBRILLIWR A CPR DEFIBRILLATOR & CPR TRAINING

**Neuadd Pontgarreg Hall
Mis Ionawr 29 January
7:30-9:00 yp/pm
Free – Am ddim**

llangrannogwelfare@gmail.com



***Gyda - with:*
Pauline Bett
Community First Aid
Responder
www.firsttoaid.co.uk**