

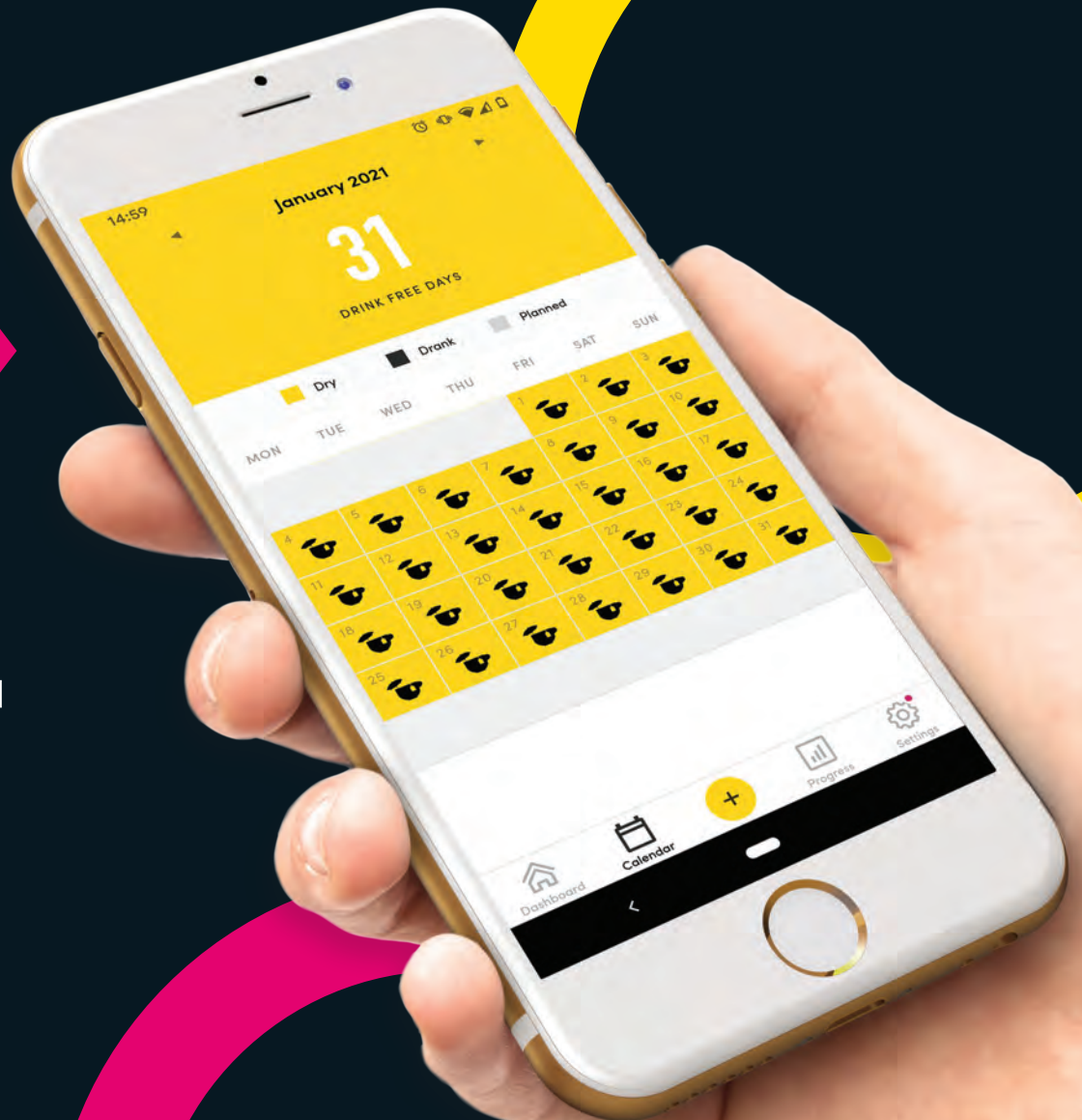
HWYL FAWR 2020, SHWMAE 2021!



DRY JANUARY®

Bachwch yr app **Try Dry** am ddim a dyblwch y siawns i chi gwblhau'r mis yn ddi-alcohol.

- Cyfrifwch eich unedau, calorïau a cheiniogau.
- Enillwch fathodynnau am bob llwyddiant.
- Ewch tu hwnt i lonawr Sych – gosodwch eich targedi am y flwyddyn gyfan.



Bachwch yr app Try Dry am ddim o'r App Store neu Google Play.

www.dryjanuary.org.uk

Alcohol Change UK yw enw gweithredol Alcohol Research UK.
Swyddfa gofrestredig 27 Swinton Street, Llundain, WC1X 9NW. Elusen gofrestredig rhif 1140287.
Cwmni cyfyngedig trwy warant yng Nghymru a Lloegr rhif 7462605.

Mae Dry January yn
un o ymgyrchoedd

ALCOHOL
CHANGE^{UK}

GET YOUR freedom BACK.



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We're here to help. Download the free Try Dry app to double your chance of a totally alcohol-free month.

www.dryjanuary.org.uk

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