

With clinics in Connaught Quay, Mancot, Buckley & Mold, it's that easy to book in & save 3 lives in the same time it would take to do a 45 minute run 🩸

Plus, you get well looked after and have a nice cuppa & biscuits after.

So what are you waiting for, just click on the link below and start making a difference

<https://wbs.wales/Deestriders>

Pa mor bell allwch chi redeg mewn 45 munud? 🕒

Efallai na fyddwch yn gwybod, gallech achub 3 bywyd yn yr un amser! 🩸

<https://wbs.wales/Deestriders>