

Siarad am ryw

“SEXtember”

Time to talk about sex

Time for DIY?

'Do It Yourself' STI testing is now available in Wales

Order your **FREE** self-testing kits from  
[www.friskywales.org](http://www.friskywales.org)

It's...simple, confidential and discrete...and you can order  
**FREE** condoms too!

Look after yourself and others...get tested



GIG  
CYMRU  
NHS  
WALES

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board



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[www.sextember.org](http://www.sextember.org)