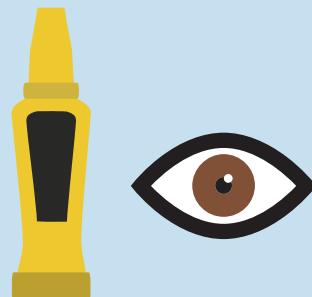


Ka illaali Gaarista Mirirka Carruurnimada

Illaha Imaan karo ee Mirirka



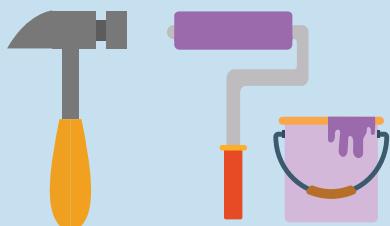
Riinjiga guryaha ee
la dhisay wixii ka
horeeyay 1978



Qurxinta sida surma,
kajal, iyo kohl



Boombalooyinka
hore oo riinjiyeysan
ama birta



Shaqada ama
hibaayada sida
dhismaha
iyo riinjineynta



Daaweynada dhaqa-
meedka sida azarcon,
greta, paylooah,
ghasard, iyo qaar
ka mid ah
Daawo dhireedka



Sheeyada la soo geliyo
sida digsiyada karsiga
iyo dhariyada

Wixii warbixin dheeraad ah
soo wac 206-296-4692

Qaababka kale ee la heli karo:
206-263-1650 | Qadka TTY:711

Ka illaali Gaarista Mirirka Carruurnimada

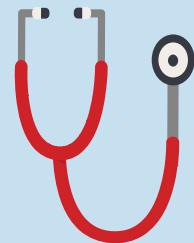
Sida loo Illaaliyo Canugaaga



**Ku dhaq gacmaha
iyo boombalaha
saabuun iyo biyo**



**Bus masixida iyo
mari maro qoyan
hal jeer isbuucii**



**Halaga baaro
canugaaga
mirirka dhiiga**



**Ku dhaaf kabaha albaabka
ama ku tir kabaha rooga albaabka**

Quudi canugaaga cunto ay ka buuxaan:



Macdanta



Fitamiin C



Birta