

# Sida loo Hubiyo Sonkorta Dhiiggaaga

Si aad dhiigga isaga hubiso ...

**BILLOW**



Gacmaha saabbuun iyo biyo isaga dhaq.



Xaqiiji in farahaagu si aad ah u engegan yihiin.



Miyey gacmahaagu qabow yihiin?



**MAYA**



Dalooli dhinaca fartaada (*ma ahan meel sida meesha ugu sarreysa u jilicsan*). Waxaad isticmaali karta far kasta.



Dhibic dhiig ah iska majuuji.



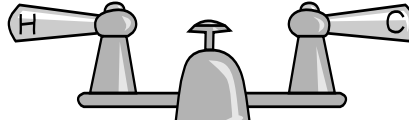
Raac jiheynta mitirkaaga loogu talagalay.



Sonkorta dhiigga ku qor xaashidaada diiwaanka.

**HAAHEY!!**

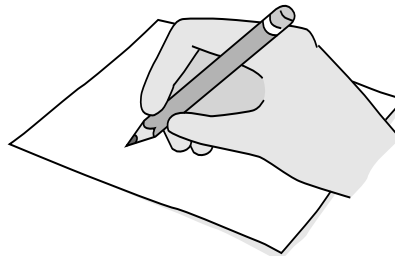
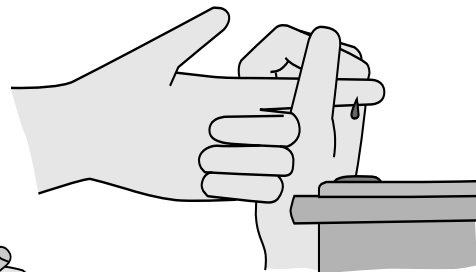
*Waad sameysay!*



**HAA**



Gacmaha hoos geli biyo diirran, oo soconaya ka dibna faraha isku xoq, ama rux adigoo gacmahagaa raaricinaya.



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DIABETES EXCELLENCE ACROSS COMMUNITIES

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