

**Ilaali hantida
ugu weyn ee
ganacsigaaga**

Adigu

La-taliyayaasha maaliyadeed ee ganacsiga yaryar iyo tababarayaasha fayoaqabka

- la taliyaasha lacag la'aanta ah
- helitaanka taageero gaar ah
- herêmî bingeh
- ku caawi inaad qaado tillaabadaada saxda ah ee xigta

Coach:

Phone:



Raadi tababare kuu dhow
business.qld.gov.au/wellness

