



BE HEALTHY. BE SAFE. BE READY.

Barnaamijkan Waxaa Dhaqaalaha ku Caawiyey



Waxaa Tala-bixin u Sameeyey:

CLUES

(Comunidades Latinas Unidas En Servicio)

MAAATEN

(Minnesota African American / African Tobacco Education Network)

STEEP

(Statewide Tobacco Education & Engagement Project)

Wixii faahfaahin dheeraad ah oo ku saabsan cayilka badan booqo www.echominnesota.org

Si aad u hesho cajaladda dhiifiidhiiga barnaamijkan fadlan la soo xiriir: centerinfo@bluecrossmn.com oo u soo qor magacaaga iyo cinwaankaaga oo buuxa oo uu ku jiro lambarka boostada xaafadda (zip code). Haddii aad dooneyso waxaad warbixinta lagaa rabo fariin ahaan ugu duubi kartaa taleefanka lagu soo garaaco lacag la'aanta ee 1-800-760-0052.

Wixii warbixin dheeraad ah oo ku saabsan waxqabadaka ECHO kala xiriir:

Lillian McDonald, *Executive Director*
c/o Association of Minnesota Counties
125 Charles Avenue, Saint Paul, MN
55103

651-789-4342, info@echominnesota.org
www.echominnesota.org



Cayilka Badan iyo Caafimaadkaaga

Barnaamij ka hadlayaa halista ka imaan karta cayilka badan iyo sida lagu heli karo caafimaad wanaagsan.

Qofna ma doonayo in uu ku noolaado farxad la'aan iyo caafimaad darro. Laakiin ma ogtahay in uu cayilka badan xanuunno u keeni karo carruurta iyo dadka waaweyn?

ECHO (Emergency, Community and Health Outreach) wuxuu ku faraxsan yahay inuu idiin soo bandhigo barnaamij gaar ah oo taleefashinka la idiin ku soo gudbin doono macluumaad muhiim ah oo ka hadlaya caafimaad darrada ka imaan karta cayilka badan iyo waxyaabo ay dadka waaweyn iyo carruurta caadeysan karaan oo ku caawin kara in aysan cayil isku arkin iyo in uu jirkoodu yeesho hilib caafimaad ugu jiro oo ku filan.

Barnaamijkan wuxuu ku baxayaa toddoba luuqadood oo waxaa laga soo saari doonaa *tpt* Minnesota Channel.

Axad, 1-da Meey:

Spanish – 7-da fiidnimo

Hmong – 7:20 fiidnimo

Soomaali – 7:40 fiidnimo

Axad, 8-da Meey:

Vietnamese – 7-da fiidnimo

Lao – 7:20 fiidnimo

Khmer – 7:40 fiidnimo

Axad, 15-ka Meey:

Af Ingiriis shaashadda ku qoran – 7-da fiidnimo

Daawadayaashu waxay baran doonaan xanuunnada uga imaan kara cayilka badan, sida lagu helo raashinka caafimaadka ugu jiro oo ah qiimo jaban, jimicsiga jirka oo fudud oo ay uga hortagi karaan cayilka badan, iyo sida loo helo ilo kale oo ah macluumaad loogu tala galay dadka oo dhan, qof iyo qoys.

Barnaamijka “Cayilka Badan iyo Caafimaadkaaga” waxaa laga heli karaa www.echominnesota.org isagoo ku baxaya luuqado badan iyo af Ingiriis shaashadda lagu soo qorayo si ay u akhristaan dadka dhegaha la' iyo dadka dhagaha culus.

