



**Bisha Dhoolla-caddayska Qaran oo imaanaysa Tower Hamlets**



## Look After Yourself Brush For Health

Kulamo loogu dabaaldegayo Bisha Dhoolla-caddayska Qaran ayaa NHS Tower Hamlets waxay la yeelanaysaa bulshada. Daryeel caafimaad ee afku waa muhiim, wuxu-una baajiyaa cudurada ciridka oo keeni kara wadne xanuun, shalal, sonkorow iyo caruur ku dhalata miisaan yar.

Kooxda daryeelka Afka ee NHS Tower Hamlets waxay diyaar ku yihiin goobaha hoos ku qoran. Kaalay oo nagu soo biir, adigoo weliba toothbrush-kaagii horena ku beddelan kara mid cusub.

- Talaado, 2 Juun, Idea Store, Bow (10.30am—11.30 am)
- Arbaco, 3 Juun, Watney Markets (10.30am – 2:00pm)
- Isniin, 8 Juun, Idea Store, Canary Wharf (11am—12pm)