

Ciwaanka: NourishedRx- Iska warqabid! [Weekly Check-In - PMAP/MSHO CHRO & MH - SOMALI]

Qaali {member},

Isbuucan sidee tahay? Waan jeclaan laheyn in aan ogaano! Waxaan rajeyneena in raashinka aan kuu keeno uu saameyn wanaagsan ku yeeshay badqabkaaga.

Warcelintaadu aad ayee mid muhiima inoogu tahay! Warbixinta aad ina siiso waxa ay wax ka badali kartaa adeega NourishedRx iyo qorshaha caafimaadkaaga ee aad heleyso inta uu mashruucan socdo. Haddii aad jeclaan laheyd in aad qadka taleefanka kala hadasho qof si uu jawaabaha aad rabto kuu siiyo, fadlan soo wac ama fariin usoo dir Wellness Associates adigoo isticmaalaya [651-300-5788](tel:651-300-5788), ama fariinta iimeylka ah food@nourishedrx.com.

Fadlan dib uugu noqo fariinta originaalka adigoo ku dhufanaya badhanka gaduudan ama linkiga URL si aad u sameyso sahrinta. Marka aad furto sahrinta waxaad u badali kartaa luuqada Soomaali adigoo isticmaalaya badhanka dhanka sare ee dhanka midig shaashada si aad u doorato luuqada aad rabto.

Haddii aadan wali sameynin, baar Maktabadeena Badqabka ee NourishedRx [HALKAN](#).

Raashinku waa caafimaad, raashinku waa xanaano.

Raashinka waa xanaanada-caafimaadka.

Kooxda NourishedRx