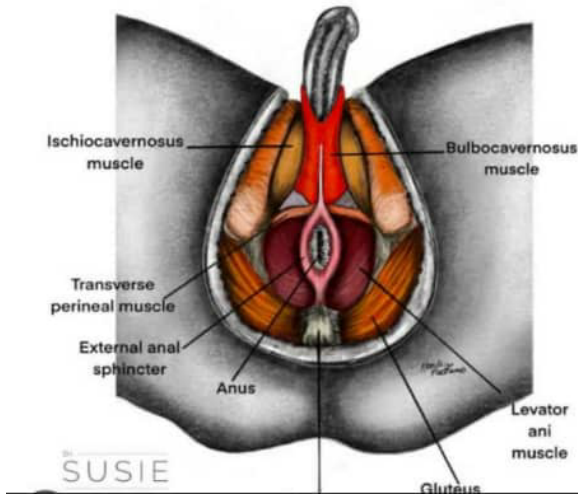
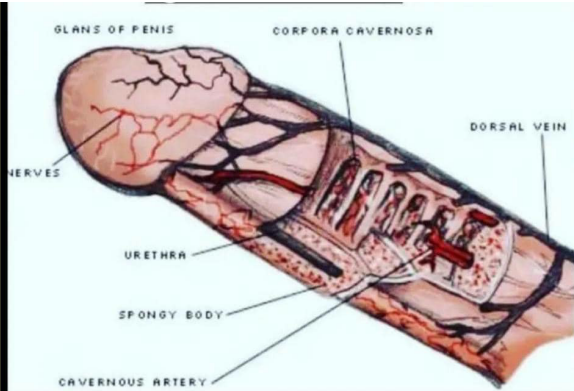


TUNAJIWA TIPS ZA AFUA NA MATIBABU MBALI MBALI



**Kwanini  
Hupungui  
uzito  
Japokua  
Unafanya  
sana  
Mazoezi?**

**Hizi ni Sababu 6  
Zinazokufanya  
Usipate  
matokeo  
Unayoyataka!!**



***FAHAMU NI NINI  
HUEFANYA UUME  
USIMAME?***



**Uke Kujamba!**



**WEKA MFUKONI MWAKO, UTAPATA PESA NYINGI**



Health farm Tz



AfyAUpdates

**WHO; VIFO MILIONI 1.7 KILA MWAKA HUTOKANA NA USUGU WA VIMELEA DHIDI YA DAWA.**

#AfyAUpdates @health\_farm\_tz healthfarmtanzania@gmail.com

**MADINI; KUONGEA MWENYEWE KUNA FAIDA KIAFYA.**



#Madini @health\_farm\_tz healthfarmtanzania@gmail.com





## Refusha mtarimbo Kwa siku 7 Tu



MADHARA KUFANYA TENDO LA  
NDOA WAKATI WA PERIOD 🍷:

