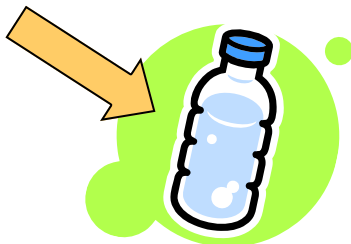


Mitbenh le  
lukhu in ii  
tuamh.  
sunglasses.



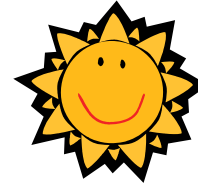
Ti thiang tam pi din ding  
philh hlah!



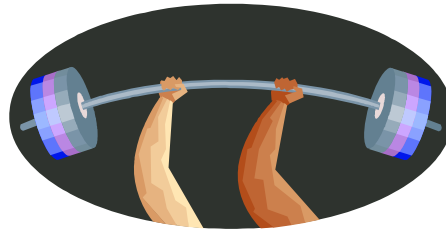
*Hruk Thuh Khuh Benh*

# Vaitamin D

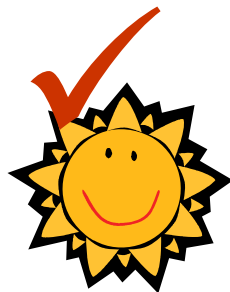
Ni ceu hi kan takpum  
caah a herh mi asi-  
asi.aaaasasi.si.odies



Vaitamin D hi kan ruh thangnak  
le damnak ca asi.



Zingka niceu le zanlei niceu hi  
vaitamin D ngah nak caah a  
tha mi can asi.

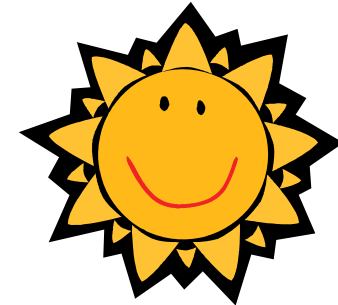


Zinglei 11.00  
hlan



Zanlei 4.00  
hnu

**Mangari Rai-  
zaam Umnak  
Khiah  
piak nak hmun**



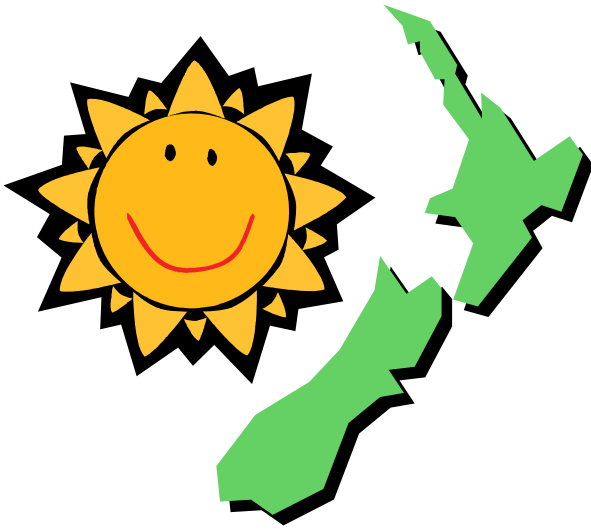
**SunSmart**  
Nilin nakin himte um

**Auckland Regional Public Health Service**

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Counties Manukau and Waitemata



Niu Zilen Ni cu a liin tuk.

Ni kangh a fawi tuk.

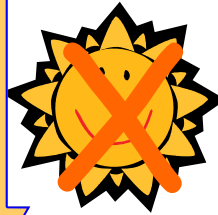
Nikangh lo ding in kan um khawh nak hnga ii

**Hruk Thuh Khuh Benh**

Ni a lin bik can cu zinglei 11.00 le zanlei 4.00 karlak asi. Hi can hna hi na hrial hna lai.



Zing lei 11.00



Zan lei 4.00

Angki ii hruk - ni dai tangah um. slip into some shade



Nikang loding in thu-hmi(Sunscreen)nathuh lai. Tuahtu (SPF) 30+ thuhmi.



Ni lin nak chung naum ah cun suimilam 1 danah nikang loding in thuh mi(sunscreen)

Lukhuhtlang aum mi le khuh cuang lukhuh na khuh lai.

