



JAMA!

HLAMBA IZANDLA ZAKHO



✓ **Hlamba izandla zakho ngamanzi nesibha nanyana ngesibha esimamanzana esihlikihlwa esandleni ukukhandela ukudluliselwa kwemilwana kwabanye abantu**

- ✓ Hlangana nokuthintana kweengulani
- ✓ Ngemva kokuya endlwaneni yangasese
- ✓ Ngaphambi kokudla nanyana kokulungiselela ukudla
- ✓ Ngemva kokubamba iinlwana zekhaya
- ✓ Ngemva kokukhohlelela esandleni sakho