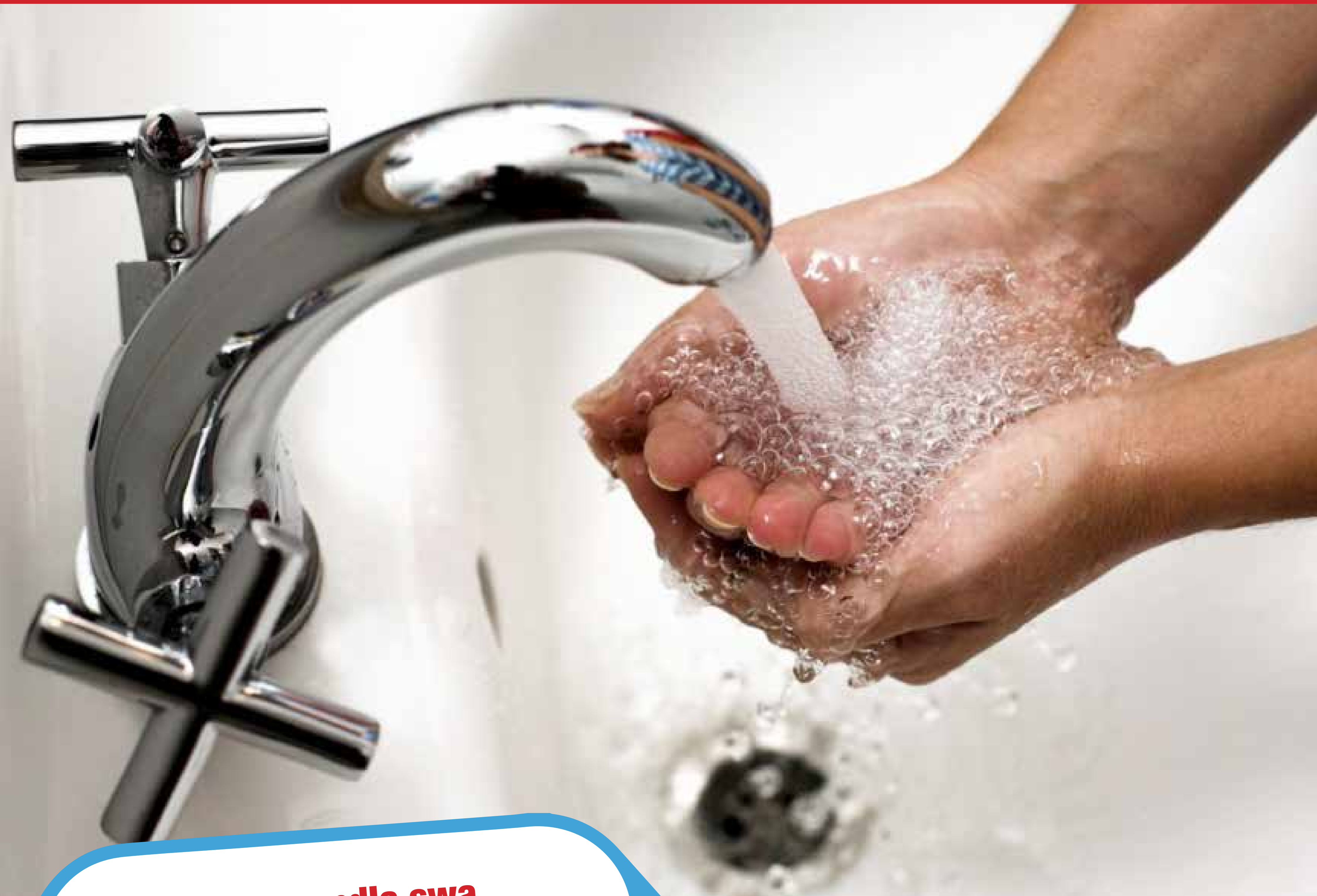




# YIMISA!

## HLAMBA SWANDLA SWA WENA



- ✓ **Hlamba swandla swa wena hi xisibi na mati kumbe xibasisamavoko lexi nga na mpfangano wa xihoko ku sivela ku hundzisela switsongwatsongwana eka van'wana**

- ✓ Exikarhi ka ku khumbana na vavabyi
- ✓ Endzhaku ka tirhisa xihambukelo
- ✓ U nga si dya kumbe ku lulamisa swakudya
- ✓ Endzhaku ka ku khoma swifuwana
- ✓ Endzhaku ka ku khohlolela eswandleni