



# LIVE WAR

DIISAMBAR 9  
EDITION

WARGEYSKAAGA TODDOBAADLAHA AH EE KU SAABSAN LIVEWELL FINNEY COUNTY!

## ARDAYDA JENNIE BARKER WAXAY KA QALIN JABIYEEN D.A.R.E. BARNAAMIJKA

Ardayda fasalada shanaad iyo lixaad ee Dugsiga Hoose ee Jennie Barker ayaa u dabaaldegay guul muhiim ah usbuucii hore markii ay ka qalin jabiyeen D.A.R.E. barnaamijka. D.A.R.E. (Waxbarashada Iska caabinta Daroogada) waxay ku qalabaysaa carruurta xirfadaha ay uga baahan yihiin inay iska caabiyaan cadaadiska asaagga oo ay badbaadiyaan, doorashooyin caafimaad qaba oo ku saabsan tubaakada, daroogooyinka, iyo khamriga.

Degmada Finney, barnaamijkan saamaynta leh waxaa hogaaminaya Corporal Ashley Crockett oo ka tirsan Waaxda Sheriff County ee Finney waxaana taageera deeqda Bulshooyinka Xorta ah ee Daroogada oo ay maamusho LiveWell Finney County. Waxaan si cajiib ah ugu hanweynahay u heellanaanta Corporal Crockett ee keenaya DA.R.E. dib ugu soo noqo bulshadeena una hambalye dhamaan ardayda guusha ay gaadheen!



## XASUUSIN!

NAGALA SOCO BARAHA BULSHADA!



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## DHACDOOYINKA SOO SOCDA

LHEAT- Diseembar 11 Shirka Kansas Opioid-  
Diseembar 12 Xafiisyada LiveWell waa la xiray  
- Disembar 25

Ma jiro shir isbahaysi bisha December

## Jooji Isticmaalka Tubaakada iyo Sigaarka

Dad badan oo isticmaala tubaakada ayaa raba inay joojiyaan waxaana laga yaabaa inay qaadato dhowr isku dayo inay joojiyaan tubaakada ama sigaarka. Akhbaarta wanaagsan: Caawinta bilaashka ah waxay diyaar u tahay dhammaan Kansans-ka iyada oo loo marayo Khadka Joojinta Tubaakada Kansas. Ikhtiyaarada taageerada waxaa ka mid ah:

- Tababarka telefoonka ama onlayn
- Fariin qoraaleed
- Taageerada iimaylka
- Jooji daawada (nikotiinka balastarrada, xanjo, ama lozenges) kuwa u qalma



### DECEMBER WAA S.A.D. BISHA

Diisambar waa bisha wacyigelinta xilliyeed ee xanuunka (SAD), oo ah wakhti lagu iftiimiyo nooca niyad-jabka ee sida caadiga ah dhaca bilaha madow, qabow. SAD waxay saameyn kartaa niyadda, tamarta, iyo guud ahaan fayo-qabka, laakiin waxaa jira siyaabo lagu maareeyo, oo ay ku jiraan daawaynta iftiinka, jimicsiga, iyo raadinta taageerada. Haddii adiga ama qof aad taqaan ay isku arkaan astaamo, ha ka waaban inaad caawimo la xidhiidho. Aynu ka wada shaqayno sidii aan mudnaanta u siin lahayn caafimaadka maskaxda xilli ciyaareedkan.

## WARARKA LA WADAAGO?



Noogu soo dir iimaylka  
LiveWellFinneyCounty@gmail.com

### TIJAABOYINKA COVID-19 EE BILAASHKA AH AYAA LA HELI KARAA

Degmadda LiveWell Finney waxay bixinaysaa shaybaadho COVID-19 oo bilaash ah, oo ku kooban hal qof. Imtixaanada waxaa laga qaadi karaa xafiiskayaga oo ku yaal 310 E. Walnut, Suite 202. Badbaadada iyo caafimaadkaaga dhig, Degmada Finney!

### JANAAYO 28

Nagu soo biir Shirka Janawari 2025 Tani waa fursadaada inaad la wadaagto fikradahaaga oo aad ka caawiso aqoonsiga mudnaanta caafimaadka ee ugu muhiimsan bulshadeena.

 Taariikhda: Janaayo 28, 2025 @ duhurnimo   
Goobta: Fasalka B- St. Catherine Hospital Hubi in codkaaga la maqlo - fikradaada ayaa isbedel samaynaysa!

## XAQIIQDA:

Daaweyn badbaado leh oo sahlan ayaa laga heli karaa Degmada Finney 24 saac maalintii, 7 maalmood todobaadkii!

Jooji mid ka mid ah sanduuqyada 24/7 oo iska tuur daawooyinkaagii dhacay ama aan la isticmaalin:

Isbitaalka St. Catherine Xarunta Dhaqangelinta Sharciga ee Degmada Finney

**SÓLO AYUDA.  
SIN JUZGAR.**

TEXTEA, LLAMA, CHATEA

**988**

**LiveWell**  
Finney County  
Health Coalition 