



BARNAAMIJYADA BILAASHKA AH EE SAN DIEGO

Inta badan dhicitaannada waa laga hortegi karaa! Degmada San Diego waxay hoy u tahay dhawr barnaamij oo lacag la'aan ah kuwaas oo kaa caawin kara inaad caafimaad qab, firfircooni, iyo madax banaani ku noolaato markaad sii duqoobayso.

BARNAAMIJYADA KA HORTAGGA DHCIDDA EE CADDAYNTA KU DHISAN

TAI CHI

Waxay khuseysaa jimicsiyo tartiib ah, xakamaysan si loo hagaajiyo dheelitirka, xasiloonida, iyo iskudubaridka
Si aad wax badan u ogaato, wac 858.495.5500 | HealthierLiving.HHSA@sdcounty.ca.gov

A MATTER OF BALANCE

Waxay ka caawisaa dhimista cabsida dhicitaanka isagoo u tababaraya ka qaybgalayaasha qaab ay ugu arki karaan dhicitaanka mid la xakameyn karo
Si aad wax badan u ogaato, wac 858.626.6160

BINGOCIZE

Waxay iskugu dhaftaa jimicsiga, nafaqaynta, iyo ka-hortagga dhicitaanka iyadoo adeegsanayso ciyaarta bingo
Si aad wax badan u ogaato, wac 858.626.6160

BARNAAMIJYO KALE OO CAAFIMAAD IYO FAYOobi AH

FEELING FIT CLUB

Wuxu kordhiyaa xoogga, dheelitirnaanta, dabacsanaanta, iyo adkaysiga isago oo horumarinaya bulshonimada
Si aad wax badan u ogaato, wac 858.495.5500 | HealthierLiving.HHSA@sdcounty.ca.gov

HEALTHIER LIVING WITH CHRONIC CONDITIONS

Waxay bixisaa xeelado si waxtar leh loogu maareeyo xaaladaha caafimaad ee daba
Si aad wax badan u ogaato, wac 858.495.5500 | HealthierLiving.HHSA@sdcounty.ca.gov

Booqo www.SanDiegoFallPrevention.org si aad u hesho macluumaad.