



World Council
For Health

Izinsiza Zoku:

Nikeza Amasosha Omzimba Amandla

Inhlangano Yomhlaba Yokwezempilo

Idla ukudla
okunomsoco
ophelele!
Nciphisa izidlo
ezingazona
ezemvelo
nezinoshukela
wokwakhiwa.



Phumela ngaphandle!
Ukuthamela ilanga
kwengeza ukwakheka
kuka Vitamin-D.



Khulula umzimba!
Ukucindezeleka kungabanga
ukuvaleka kwemithambo
yomzimba.



Nyakazisa Umzimba!
Ukuvocavoca
umzimba
kubalulekile
ekwekhekeni
kwamasosha
omzimba.



Phumula! Ukulala
ngokwanele
kunomthelela
omkhulu
ekusebenzeni
kwamasosha
omzimba.

