

Canugaaga wuxuu u diyaar garoobayaa in uu bilaabo dugsiiga xanaanada. Waxaa lagaaga baahanyahay in aad qaadid talaabooyinka soo socda inta uusan canugaaga bilaabin dugsiiga xanaanada.

# Tilaabooyinka Xanaanada



♥ Ka bilaabato bisha Maarso, waa in aad canugaaga balan uga sameysaa dhaqtarka si uu baaritaan caafimaad oo jirka ugu sameeyo.

♥ Inta badan caruurta bilaabaysa dugsiiga xanaanada waxa ay u baahanyihiin talaalo badan. Sidaas darteed waa in aad kaarka talaalada canugaaga geysaa balantiisa caafimaadka jirka.

♥ Tallaalada waxaa laga qaadan karaa goobaha soo socda:  
Community Action Partnership of Mid Nebraska. Lexington waxay leedahay goobo caafimaad oo bulshadu ka heli karaan tallaalada waana Isniinta 1aad iyo 3aad ee bil kasta. Wac 308 324-5733 ama 308-325-3169 si aad ballan u qabsato.

Xarunta Caafimaadka ee Two Rivers Public Health waxa ay furanyihiin Jimcaha ugu horreeya ee bil kasta. Ballan waa INAAD ka samaysataa maalin ka hore xarunta. Si aad ballan u qabsato, wac Maria 308-991-4272.

♥ Canugaaga balan uga samee dhaqtarka indhaha hadii aan wali indhah laga baarin markii uu lahaa baaritaanka caafimaadka jirka.

♥ Sharciga gobolka Nebraska waxa uu farayaa in tilaabooyinkan la qaado xiliga diiwaangalinta dugsiyada shacabka.



Waxaad ka heli kartaa Lexington kuwa soo socda ama waxaad dooran kartaa dhaqtarka aad dooneysid, balse waa in aad keentaa koobiga caafimaadka.

## CAAFIMAADKA:

Plum Creek Medical Group  
1103 Buffalo Bend  
Lexington, NE 68850  
(308) 324-6386

LRHC Family Medicine  
1105 N Erie  
Lexington, NE 68850  
(308) 324-8308

## INDHAHA:

Family Eyewear  
111 East 8<sup>th</sup> St.  
Lexington, NE 68850  
(308) 324-5994



Hadii aad rabin baaritaanka caafimaadka jirka ama kan indhaha, waa in aad iskuulka u soo gud-bisaa warqad diidmo oo saxiixan oo taariikh leh. Dugsiyada shacabka Lexington waxa ay ku dhiiragalinayaan dhamaan waalidiinta in ay raacaan talaabooyinka kor ku xusan waxa ayna dani ugu jirtaa waxbarashada canugaaga.