

10 FOFOR MI MECHERES

KOPWE FORI REN OMW KOPWE PWAPWAITI MANAW
POCHOKUN FITI DIABETES



1

ANGEI UNUMOM SAFEI USUN RA EUREURA NGONUK

- Epwe chok wor imanan ika pwe ka angeir.



2

CHEKI OMW SUKE NON CHAAM USUN RA EURURA NGONUK

- Kopwe sinei meni ewe nampa epwe nomw won.
- Kopwe sinei ika pwe met kopwe fori ika akan wate ika kukun.



3

KOSAP UN SUPWA IKA NUNU TAPAKO

- Angei aninis ren omw kopwene wes seni.



4

CHEKI FEINITAN CHAAMW ITEITEN

- Maaketiw ren eom kopwe pwarngeni noumuwe dokter.
- Sinei met noum nampa kena repwene kan.



5

MONGO MI WOR POCHOKUNAN

- Apachanong minafon foun ira me pwan chen fetin.
- Ekukunano kiris, son, me suke.
- Tumunu waten saisin koukun onomw.



6

KOPWE MOMOKUTUKUT NON 30 MINICH EW RAN NAPONON RAN

- Fetan, aa ekkewe kumi mi meei, pworuk, atake...



7

CHEKI PECHEOM ITEITEN RAN

- Nengeni ren pwon, etikin, siwinin onuan ika ekewe mi pwichikar won.



8

ANGEI ANINIS NUPWEN EN KA MEFI TIPENGAW

- Ereni noumuwe tokter ika pwe ewe memef ese wesino.



9

ASOSO ME PWAN PWAPWAITI MANAW ITEITEN RAN!



10

ESAPW KIS SENI FAN EW NON EW IER:

- Churi noumuwe tokter.
- Churi noumuwechon osukunen diabetes.
- Churi noumuwe dentist.
- Cheki mesom.

Epwene kan foforsefanino nge esapwe wor amumuta.