



**Menixuta txujcai
yuav tau paub**

Luv thij los —yeej
zoo le tej tsheb!

Lub tsheb hab luv
thij yuav tsum nrug
le peb dlaag thaum
kws dlha huv kev ua
ke lawm.

Cov tsheb cuaj tsws
tau ntawm cov kaab
luv thij.

Tsheb siv tsws tau
luv thij kaab lem

Cov caij luv thij muaj
cai siv tsheb kaab
txawm tas nwg kaab
tsws muaj neeg siv.

Sib Koom Kev:

Kev qha rua tug raav tsheb

Vim le caag sib koom kev?

- Cov neeg kws siv luv thij nwg coob zuj zug tuaj lawm.
- Tsheb-luv thij sib tsoo ntau zuj zug tuaj: Raws le kev soj nruam lug ntawd chaw tsaav tsheb ntau dlua le 5,000 cov neeg taug kev lossws tuam luv thij tau tuag rua 2013, hab tshaaj 100,000 tug tsaug mob.
- Tug neeg tsaav tsheb yuav tsum tau tso lwm tug siv txuj kev luv hab nwg muaj feem tsaug teeb meem lossws nplua yog tas nwg ua rua tug neeg taug kev lossws tug tuam luv thij tsaug mob.



Yuav Koom Txoj Kev Li Cas: 10 Yam Qhia Kom Tsav Tsheb Zoo

1. Saib taus lwm tus nyob hauv txoj kev—lawv muaj cai siv tib yam thiab.
2. Ua neeg ntse—ceev faj txhua yam sib puag ncig koj
3. Ua siab ntev—nws yuav cawm tau txoj sia.
4. Tos cov neeg taug kev hla kev tso.
5. Saib & tos cov neeg tuam luv thij.
6. Ceev Faj tsam tus tuam luv thij yuav lem.
7. Thaum thaub qab saib luv thij thiab menyuum yaus.
8. Tsis txhob nyem tswb rau neeg tuam luv thij lossis neeg taug kev yog tias tsis muaj kev coos tis.
9. Zam txim, tau taub, thiab ceev faj.
10. Txaus siab—koom txoj kev!



Dlaim ntawv qha nuav
Tsim lug ntawd
Winona County SHIP
Active Living Committee

Yog xaav paub ntxiv
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Txhais ua lug Mev hab
Hmoob lug ntawm



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