



MINERALS COUNCIL
SOUTH AFRICA



IMPILO YAKHO KUNYE NOKUZIPHATHA **KUBALULEKILE**

**Sazi isimo sakho se-HIV,
nesimo sakho sezinye izifo
ezinganyangenkiyo**



Ukuba uyagula, thatha
amayeza akho amiselweyo



Zilolonge ukuzigcina womelele
kwaye usempilweni, jonga
umzimba wakho ungaryebi (BMI)

**Kunakekele ukugula ngokwasengqondweni, fumana uncedo
xa uziva ukuba awukwazi ukumelana neengxaki – thetha
nogqirha wakho, umhlobo, iinkokeli zenkolo**

