

# XARUNTA SOUTHEASTERN LIVE WELL CENTER XARUNTA SHIRARKA EE TUBMAN CHAVEZ

## GUUDMAR

Xarunta cusub ee Southeastern Live Well Center waxay bixisa adeegyo hal-joogsi ah, waxayna sidoo kale tahay xarun iskaashi. Xarunta Shirarka ee Tubman Chavez waa meel banaan oo weyn oo lagu marti geliyo munaasabadaha iyo isku-imaatinada bulshada. Xarunta shirarka waa in boos laga qabsato kahor inta aan la isticmaalin. Wixii iska kansal garayn ah waa in la sameeyaa ugu yaraan 24 saacadood kahor.

## SIYAABA LOO QABSADO

### 1. Iimayl

Foomka boos-celinta/qabsashada ee dhijitaalka ah waxaa laga heli karaa oo lagu soo gudbin karaa iimaylka  
**SELWCReservations.HHSA@sdcounty.ca.gov**

### 2. Wicitaan

Wac **858-351-6075** si aad boos-celin/qabsashada u samayso adigoo isticmaalaya taleefanka.



## SAACADAHA SHAQADA

- Isniin – Jimco
- 7:00 AM - 5:00 PM
  - Saacadaha fiidkii iyo maalmaha dhamaadka usbuuca waxaa la heli karaa marka la codsado iyo marka aan la isticmaalayn.

## ADEEGYADA DHISMAHA

- 6 qabanqaabo ayaa la heli karaa
- Qalabka AV
- Jiko, hadba markii la heli karo

## MACLUUMAADKA XIRIIRKA



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