

U UTLOA HAMPE?

U KA FETOLA SEO ... KE KHETHO EA HAU

NA U ATISA HO IKUTLOA ...



Bohloko ba hlooho?

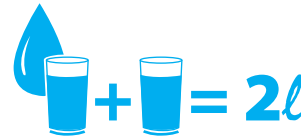


U khathetse?

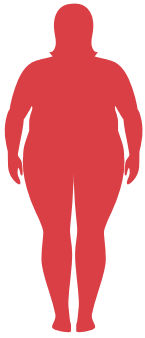


U koetlisoa?

Ho nolofatsa bohloko bona, noa khalase ea metsi hang ha u tsoha. Ebe o noa bonyane lithara tse pedi tsa metsi ka letsatsi.



U TŠOENYEHILE KA HO NONA?



Cholesterol e phahameng?



Khatello ea mali e phahameng?



Lefu la



NKA MEHATO E BONOLO HO QOBA LITS'KELO

KHETHA LIJO TSA TLHAHO

Lithapi, linaoa, k'habeche, sipinake, litholoana, bohobe bo sootho le botonate ba perekisi



QOBA LINTHO TSE MPE

Polone, liviena, russian le litapole tsa mafura



NA MATHATA A MAIKUTLO LE A SECHABA A U THEOLA?

HO SITHABELITSOE KE LIKHOHLANO?



Mohoete o monyenyanane le ts'ebetso ea lichelete, li ka 'tšela oli holim' a metsi a khathatsoang.'

BOHALE BO U BOLOKA U FALIMEHILE?



Ho tšoarella le ho lebala ho ka ba pontšo ea matla le sebōpeho - tlohela hore e tsamaee!

U IKUTLOA U LAHLILOE?



Nka mohato oa pele. Finyella, u utloe lerato.

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