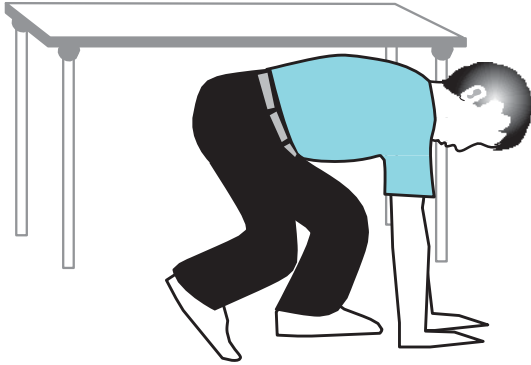


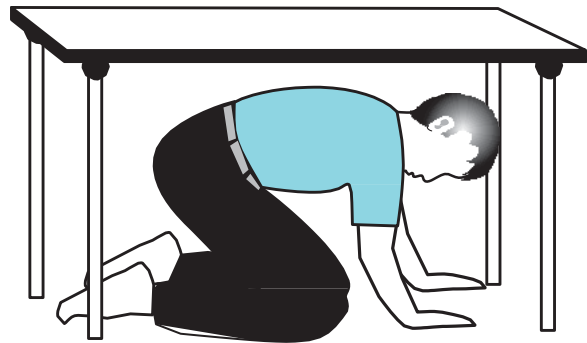
Yuav nyob li cas thiaj nyab xeeb

Thaum av yoj...

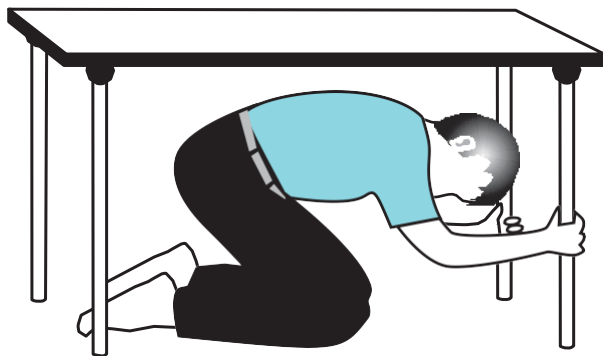
Khoov rau sab hauv...



Nrhiav yam npog yus...

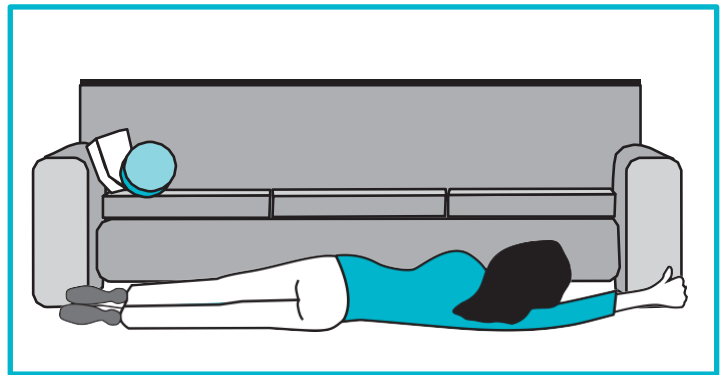
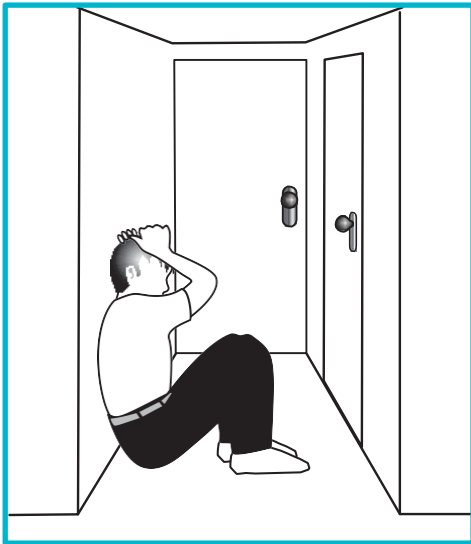


Tuav ib yam dabtsi...



Yuav nyob li cas thiaj nyab xeeb thaum muaj av qeeg

- ★ **Tsis txhob khiav tawm thaum av yoj.**
Kev raug mob feem ntau yog vim muaj tej yam khoom poob los raug, tsis yog tsev vau los raug
- ★ **Khoov rau hauv npoo tsev, nrhiav yam npog yus thiab tuav cov ceg rooj ua haujlwm lossis lub rooj.**
Nyob rau ntawm qhov chaw ntawd kom mus txog thaum av yoj tag lawm.
- ★ **Yog koj nyob rau ntawm ib thaj chaw uas tsis muaj kev ruaj khov, khoov rau ntawm npoo av!** Mus nyob sab hauv lossis ib sab ntawm tej yam khoom dabtsi. Qhov xaiv zoo tshaj plaws yog mus nyob sab hauv ib lub rooj ua haujlwm lossis ib lub rooj. Zaum rau ntawm ib ces kaum tsev'. Khoov rau ntawm ib sab ntawm cov rooj tog lossis zaum khoj ywb rau ntawm cov rooj zaum hauv cov tshawj thiab khiav mus nyob rau tom lub sam thiaj lossis puab ntawm lub sam thiaj lossis nkaug mus nkaug hauv lub lob muaj log.



- ★ **Yog koj nyob sab nrauv ib thaj chaw uas tsis muaj tsev yuav tsum nyob twj ywg ntawd.** Zaum thiab siv ob sab tes npog tau hau.
- ★ **Yog koj nyob sab nrauv, tabsis nyob ze ntawm lub tsev kav tsij khiav mus kom deb ntawm lub tsev no thiaj li zam tsis raug tej iav thiab lwm yam khoom poob los raug.** Thaj chaw nyob sab nrauv lub tsev uas yog "thaj caw txaus ntshai".
- ★ **NCO TSEG: Cov qhov rooj nkaug TSIS yog qhov chaw nyab xeeb thaum muaj ib qho av qeeg.** Nws tsis nyab xeeb yuav mus nyob ntawm lub qhov rooj thaum muaj av yoj thiab lub qhov rooj ib txwm ua rau raug mob thaum lub qhov rooj qhib thiab kaw mus los thaum muaj av yoj.