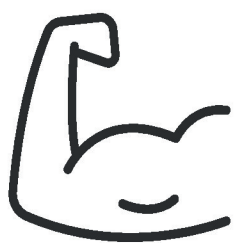


Faamalosito mo le Sauniuni i le Galuega

Ia tumau lou malosi i le galuega ma le fale

O le ā le Faamalosito mo le Sauniuni i le Galuega?



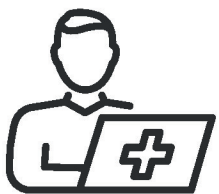
- polokalame faamalositino 6–12 vaiaso ua faatulaga mo oe
- fesoasoani e faamalosia le tino ma le silafia o ou gaoigaga
- fesoasoani e saunia oe mo le galuega

Aisea ua filifilia a'u e fai?



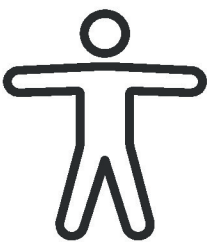
- e te fou i le galuega
- o le a e aga'i atu i se galuega mamafa fa'aletino
- e mana'omia e lau fale faigaluega ina ia fa'aitiitia le lamatia i manu'a

O le a se mea e tatau ona ou faia?



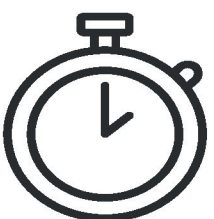
1

Tausisi i lau taimi e feiloa'i ai i vaiaso ta'itasi



2

Fai au fa'amalositino i fafo atu o le galuega



3

Faaavanoa le 15-20 minute e fa'amae'a ai i aso taitasi