

Hunaova Havaak Una?

Taki! ihomagiyakpalagitok higaagoegeami. Kiheani, ikayutaokman iliknik ilagiyaknilo haneanet-palagitaagani puyoenin higaan. Ikayoktaoneaktotin nanminiklo opalogaeyaotimik ikayutaoneaktomik iliknun ima:

- **Tukiheayaaknik:** higaakataohen, higaagutigilikpagatin, kanogilyutaoyun aktoktaoniguvin puyoenin higaam;
- **Piyaakni ayogoegutikhanik:** ihumalukpalaagitaakni, hagaaguliguvilo kanogileoguhikhaknik;
- **Ihoakhaklogin inigakhan:** ikayoktaolotin taya hivunikhamilo inigakhanik mikhivaaligeagani puyoen higaam, ukoalo atuligumayaenik aolanikateaknikhaen; unalo
- **Ilihaklogin itkaotikhan ihomagiyakhalo:** ilihaklotin aalatkenik ihomagiyakhanik piyutikhaniklo mikhivaaligeagani puyoen higaam ikayoktoaloni tikoakhiyaagani higaakvikhamik, pilonilo itkaomayakhanik higaagoekpaleayaagani DEEDS-nilo atuligumayaenik.



Piyomavin Hivunikhivaaligutikhaknik?

Apigilogo nunagiyakni CHR-goyok, CPNP/ CAPC-goyulo, monakhilunen hivunikhiyutikhanik piyomaniguvin.



HIVAYAOTA:.....

KAGITAOYAKUN:.....

KAYUMIKTOKUN:.....



520 – 1 Nicholas Street
 Ottawa, ON K1N 7B7
 Hivayaon: 613-238-3977
 Kayomiktokun: 613-238-1787



Taki!

Mikhivaaligeakli Puyoen Higaam



PAUKTUUIT INUIT WOMEN OF CANADA

HIGAAGOEGUMAGITPIN HULI?

Ayoknaetok!

Monagilaktatin Nutakatin Aneagutaolaktonin Puyoenin Higaam



Huk Monagiyageakakigu Nutagaga Puyoenin Higaam?

Puyoen higaam aneagutaolaktok nutakanin. Piyotaolaktok ima:

- Nutakan higaalik-lotik mikaotilogin (iyoaktatik higaayukunakh-ikmata)
- Aopayaotiloni kakilikhilonilo kigak egilo
- Okaklukhakloni
- Hatkakmi puvakmilo aneagutikaliklotik
- Nutagaotilogo aneagutikalikloni patikmigulo auklukloni
- Tokoloni ukeomi inulgaavigiyamini, ila Tokokalakloni Nutagak Aneagunmin

- Ihomakateagiloni
- Okaklukloni
- Agiklihagitiloni
- Elukloni
- Heotimigun aneagutika-katakloni (otitis-mik)
- Anikhagutimigun aneagutikaktok aniknigikpakhuni, kalakyoakhunilo, anikhagutimigun hukloen aneagutikaliklotiklo (RSV-mik) namoneakaliklonilo



- Iglinoamini tokoloni (kaoyimayaoyoklo Tokokalakniga Nutakam Aneagunmin). Iglinoamikni tokoyun atuktaonahokuknak-loaktok nutagak haneaneginakan puyoenin higaam

Kina ikayuktaolaka Taki-min!?

Kinalikaa atulaktok Taki-mik!

Atoktaoyomaneaktok ukunanga:

- Aknanin higaayuktonin;
- Aknanin oekaktonik higaayuktonik; ukualo
- Aknanin monahiyun nutakatnik siksini ukeokagitonik huli.



IHMAGIYAKHAN

...Mikhivaaligeagani Puyoen Higaakneom:

- **NAKOYUK** higaaligeami ikiktihimayum igalaami anugitutikakloni tunumni puyuk hilanmun aneayaagani;
- **NAKUNIKHAK** higaageami hilami iglum anekveani, pikakniguvin; unalo
- **NAKUNIKHAK** higaageami hilami.

