

February 2010

Healthy Diet

Siemunda sisute siekhumurwe. (Bukusu)

Kilicho tumboni ndicho hubeba kilicho kichwani. (Swahili)

What is in the stomach carries what is in the head.

(English)

Bukusu (Kenya) Proverb



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1

2

3

4

5

6

7

8

9

10

11

12

13

1	4
---	---

15

16

17

18

19

20

2	1
---	---

22

23

24

25

26

27

28



Illustration by: Cephas Agbemenu

