

Information is as important
to your child as food.

This week on SIYAYINQOBA BEAT IT!

How mothers living with HIV should feed their babies is under the spotlight this week on Siyayinqoba Beat It! Exclusive breast or exclusive bottle? What is right for you? Join us this Thursday at 1:30 pm and Friday at 5:00 am only on SABC1 as Siyayinqoba Beat It! delivers the information needed to nourish your child.



You can be a winner! Send a FREE Please Call Me to 072 924 2559. Then watch the show and see if you've won an incredible weekly prize. Brought to you by Cell-Life.



Protect yourself. Protect others.

www.beatit.co.za



Remember: Get tested for HIV regularly.
Starting ARVs at the right time will save your life.