



## Eagle Books **Stories About Healthy Ways for Children**

*In the time-honored tradition of Native storytelling, the Eagle Books teach the wisdom of traditional life ways in preventing type 2 diabetes through the voices of the eagle and rabbit, and the trickster coyote.*

### **Through the Eyes of the Eagle**

Mr. Eagle, a wise elder, shows children that Native knowledge provides the wisdom and power to help prevent and control type 2 diabetes.

### **Knees Lifted High**

Mr. Eagle teaches children to move their bodies and play games that make their bodies strong.

### **Plate Full of Color**

Miss Rabbit joins Mr. Eagle to talk to children about respecting Mother Earth and eating the healthy foods of many colors that Mother Earth provides.

### **Tricky Treats**

Mr. Eagle helps children not to be tricked by Coyote into eating foods "everyday" that should only be eaten "sometimes."

