



*"In my vision,  
your people hold  
the answers."*

*-Mr. Eagle*



A young boy, Rain that Dances, befriends an eagle who is sitting on a tree stump. Mr. Eagle is sad because he flies over the village every day and sees many people who are not healthy. Ways of living have changed and some people now have type 2 diabetes. Mr. Eagle becomes hopeful as he tells the boy of the healthy ways of his ancestors. They talk about playing outside, moving their bodies, and eating the healthy foods of their people.

# FOLLOW TRADITION

The Eagle Books teach about health through the story of the eagle who compares what he saw long ago and what he sees today. Because he has excellent vision, the eagle can see what the people may not always see—that the knowledge to prevent type 2 diabetes is knowledge they have always had. He encourages the people to "think back" and understand that their strength is in their own traditions.

