



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."