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| **Getting Ready for the Day!** | **What Should I Eat?** | **Say What?!** | **Doctor, Doctor!** |
| What was the most difficult part of getting ready for the day?    How might you compensate for those challenges on a daily basis? | What two nutrients are especially important to consider when choosing food for a diabetic?   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   What 3 meals are the best options?  **Meal One**  **Meal Two**  **Meal Three** | Write down three things that you heard stroke sufferer # 1 say.  1.  2.  3.  Write down three things that you heard stroke sufferer # 2 say.  1.  2.  3. | Find the closest doctors to  Neosho Falls, Kansas.  **Neurologist**  Name:  Phone #:  City, State:  **Urologist**  Name:  Phone #:  City, State:  **Cardiologist**  Name:  Phone #:  City, State:  **Oncologist**  Name:  Phone #:  City, State: |