

## EMPOWERMENT

Today....

I feel wisdom

I take charge of my health.

Each health provider has a piece of my medical history.

I am the only central knowledge of what has occurred.

I work as a team member with my professional health providers.

I feel stronger to know I continue to have knowledge.

I no longer have to worry about remembering every detail of my health.

I know I have the ability to save my life, if I am unable to speak for myself.

I know I can save the life of my loved ones.

I understand by maintaining my personal or

my loved one's health record gives me empowerment.

I start by documenting my past and current health events.

I have the peace of mind

*Gloria Lopez*