



# JOURNAL PAGE: DAY 11

## PHYSICAL & MATERNAL HEALTH

Use the spaces on the right side below to enter your answers and thoughts, and then save this document to your computer for future reference.

**What was your “aha moment” (moment of surprise or new information)?**

**Does this information change your perspective?**

**Have you ever experienced any bias in your physical health care? If so, how did you respond?**

**How will you use what you learned today to create more equitable spaces?**