Mentor Notes

Prepare yourself for the class before everyone gets there.

Remember the room arrangement for better group discussion.

Facilitate discussion whenever you see this symbol  

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**Meeting 6 checklist of items needed:**

___ Sign-In sheet (Attendance Sheet)
___ Meeting 6 for each participant
___ Flip Chart
___ Markers
___ Crayons (for each participant)
___ Healthy Food or snack for break
___ Incentive for each participant (optional)

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When people arrive:

- Give Meeting 6 to each participant.
- Have everyone sign the Sign-In sheet.
- Welcome everyone.
- Let them know where restrooms are located.
- Tell them that today's meeting should last about 1 hour and to help you stay on track so that everything will get covered.
- Tell them that questions and discussions are encouraged from everyone.
1. Review the chart of Blood Pressure medicines.

2. If there are any questions about medicines, refer the client to their health care provider with their questions.
1. Read the review.

2. Give participants a moment to write down a goal.

3. Ask clients to answer the 3 questions on the next page.

4. Review questions, dictionary, and brochures.

5. Remind clients to bring notebooks with them next time.