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 🎨

Meeting 7 checklist of items needed:

___ Sign-In sheet (Attendance Form)
___ Meeting 7 for each participant
___ Flip Chart
___ Markers
___ Healthy Food or snack (optional)
___ Incentive for each participant (optional)

When people arrive:

- Give Meeting 7 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.

- **OPTIONAL** – Review the key points from Meetings 1-6 in table in the “extras” section. You can review either before or after the meeting, or have participants read through the table on their own.
On the flip chart, write:  Numbers to Remember!

- HDL higher than 40 in men, and higher than 50 in women
- LDL lower than 100
- Total cholesterol lower than 200
- Triglycerides lower than 150
Here are some foods lower in saturated fat that you could try instead:

- 1%, 2% or fat free milk – it has all of the same nutrients, and just the fat is reduced or removed
- Try egg whites or mix egg whites with one egg yolk
- Try leaner cuts of meat and white meat of chicken to reduce fat and cholesterol
1. Write on flipchart:

2. A1c goal is lower than 7%

3. Blood pressure goal is 130/80 or lower

4. Review meeting 7

5. Add the cholesterol goals to flipchart:

   - HDL higher than 40 in men, more than 50 in women
   - LDL lower than 100
   - Total cholesterol lower than 200
   - Triglyceride lower than 150 (better if lower than 100)