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 8 checklist of items needed:**

___ Sign-In Sheet (Attendance Form)
___ Flip Chart
___ Meeting 8 for each participant
___ Markers
___ Footcare kit and/or monofilament (one for each participant)
___ Healthy snacks or food (Optional)

When people arrive:

- Give Meeting 8 to every participant.
- Have everyone sign the attendance form.
- Tell participants 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.
- Welcome everyone.

**OPTIONAL** – Review the key points from Meetings 1-7 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.
Mentor Notes

The Monofilament Exam

1. Give each participant a monofilament.

2. Ask everyone to take their shoes and socks off. Lead them through the monofilament exam on the next page.
1. Review today’s meeting.

2. Ask participants to write down a goal related to taking care of their feet.

3. Ask participants to answer the 3 questions on the next page and give them to you.

4. Review questions, dictionary, and brochures.

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