

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 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)

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.

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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.

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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.