

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.

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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

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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

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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)