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 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.