

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.

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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.

