


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 12 checklist of items needed:

- Sign-In Sheet (Attendance Sheet)
- Meeting 12 for every participant
- Flip Chart
- Markers
- Incentives (Optional)
- Healthy snacks/food (Optional)

When people arrive:

- Give Meeting 12 to participants
- Have everyone sign in on attendance sheet
- Tell them that today's meeting should last about 1 hour.
- Tell them that questions and discussions are encouraged.

Mentor Notes

Ask participants to set realistic goals for A1c, blood pressure, and cholesterol for the next 3-6 months

Ask participants to identify at least **2 top self-care priorities** –
Examples of priorities could be:

- to lower A1c,
- to lower blood pressure,
- to lower cholesterol,
- to lower stress
- keep track of blood sugar results from home self-testing, or
- to ask family and/or friends for support with healthy eating and exercise.

The **things they will do during the next 3-6 months** to reach their self-care goals/address their priorities for change could be:

- Eat more fiber, fruits, and vegetables,
- Eat less fat and sugar,
- Practice a stress lowering exercise/activity,
- to monitor blood sugar 2 times per day,
- to record blood sugar results in a logbook, or
- plan to be more physically active.