

Group Leader Guideline

Night 5

1. Welcome everyone and ask if anyone has had any positive changes they would be willing to share. Greet any new participant.
2. How many read chapters 9-11 in the book? Encourage staying up.
3. Highlight Figure 9.5, 10.5 and 11.2 and ask if any questions.
4. Watch video "Reversing Hypertension Naturally – Part 3."
5. What was most memorable from tonight's presentation?
6. How did everyone do on incorporating his or her commitments into the new lifestyle?
7. Ask if anyone needs help with correct answers on handout.
8. Give participants the opportunity to share their goals and their progress.
9. Remind individuals of the privilege of supporting one another when it comes to their behavioral objectives. For example, if several people set a goal to walk each morning, two or more who live in close proximity could walk together.
10. Reading assignment is chapters 12-13.
11. Point out the Draft Worksheet at end of each chapter for writing down goals and then how they will transfer up to three to appendix B.
12. Remind members to take their BP readings.
13. Closing comments.