

## Group Leader Guideline Night One

1. Greet those in attendance; share introductions for the program.
  - Complete housekeeping tasks – bathrooms
  - Explain basic format of each night – video and then group discussion
  - Introduce group leaders and how groups are formed (if attendance is high enough)
2. Provide an overview of the eight sessions. Let them know this is not a treatment program, but rather an educational journey that provides them with information they can use to naturally lower their blood pressure. Tell all participants they should check with their health care providers before making any of the changes described in the book or other seminar materials.
3. Show approximately 40-minutes of DVD content that introduces participants to the 30-day program. It is found as the bonus material on our DVD, *Spiritual Health: Neglected Dimensions*. This includes a 30-minute presentation by Dr. DeRose entitled, "Lower Hypertension Naturally" preceded by a ten-minute motivational message that connects the presentation to the longer six-week program. In these two presentations, viewers will be exposed to the key points of the 30-Day Plan using a somewhat different conceptual framework.
4. Ask if anyone needs help with correct answers on handout.
5. Pick out at least 3 items from the handout to review and highlight.
6. Remind participants of next week's reading assignment – Chapter 1 -4 in textbook.
7. Encourage each member to start checking their BP daily. They may need to purchase a BP unit. Should use arm BP not wrist unit. Most in \$60-100 range. Next week they will begin charting results in the book's Appendix A under "Week 0."
8. Reemphasize that the program expects each attendee, especially those on prescription medications, to check in with their primary care provider (PCP). Let that health care professional know they would like to make lifestyle changes that will likely lower their blood pressures. Explain that it is especially important to learn what their PCP wants them to do when they start seeing lower blood pressure (BP) numbers. (The book's authors generally start tapering medications when the blood pressure is running consistently under 120 systolic.) Remind participants that it is important to NOT stop any blood pressure medications without consulting with the prescribing professional.
9. Encourage each participant to commit to at least one new lifestyle change each week.
10. Ask if any final questions.