

Items to Bring to Your Sessions

To help make sessions run smoothly we suggest bringing the following items with you for each session type.

Assessment Session (Date: _____)

- List of medications
- Comfortable clothes and shoes (for walking)
- Water bottle

Weekly & monthly sessions (bring to each session)

- Pen
- Notebook or paper
- Binder or folder to hold resources and handouts
- Water bottle
- Comfortable clothes and shoes (for physical activity)

As needed

- Reading glasses
- Hearing aides
- Diabetes supplies: Glucometer and strips, snack, dex tabs etc.
- Asthma medication
- Small towel