

UP FOR MEALS INITIATIVE



WHAT ARE WE DOING?

Getting patients up, out of their bed and into a chair for mealtime: breakfast, lunch, or dinner.

THE GOAL

“Implementing a functional activity to help decrease patients’ risk of falling by actively improving physical and mental health”

2/3
MEALS

WHEN?

Friday, June 24th,
BBQ at the
Gazebo @ 12pm

FOR WHO?

Patients & Staff

BENEFITS

Reduce Falls

Improves Blood Circulation

Strengthens muscles

Improves Ventilation
mechanics

Improves digestion

Improves Bone Strength

Mental Health

Motivation

Quality of Life