



MAXITIA PROJECT INC.

June 14, 2025

Since June 2024, Maxitia Project Inc. has been providing Monthly Health and Wellness Workshops to the Residents and Staff of the Buena Vida Rehabilitation and Nursing Center in Brooklyn NY.

The health workshop at Buena Vida Rehabilitation and Nursing Center focuses on various topics relevant to residents' well-being and recovery, such as Nutrition, Physical Therapy, Fall Prevention, Mental Health, and Healthy Lifestyle Choices. These workshops are incorporated into the center's educational curriculum and community outreach program.



Here is a more detailed look:

Focus Areas:

- **Physical Rehabilitation:**

Workshops could cover exercises for strength, flexibility, and balance, as well as pain management techniques.

- **Disease Management:**

Educational sessions on managing conditions like diabetes, heart disease, or arthritis, including medication adherence and lifestyle adjustments.

- **Mental Wellness:**

Workshops on stress reduction, mindfulness, and coping with the challenges of rehabilitation and aging.

- **Fall Prevention:**

Strategies for preventing falls at home and in the community, including home safety assessments and adaptive equipment.

- **Nutrition and Diet:**

Information on healthy eating for older adults, managing weight, and understanding dietary needs related to specific conditions.

Benefits:

- **Improved Resident Health:**

Workshops can empower residents to take an active role in their health and well-being.

- **Enhanced Independence:**

By learning new skills and strategies, residents can improve their functional abilities and regain independence.

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- **Increased Social Engagement:**

Workshops can provide opportunities for residents to connect with each other and build a sense of community.

- **Reduced Hospital Readmissions:**

By promoting healthy habits and proper medication management, workshops can help prevent unnecessary hospital visits by raising awareness among the residents and family members.

The workshop on fall prevention includes a presentation on common fall hazards, followed by a demonstration of exercises to improve balance and strength. Residents then participate in a group discussion about their own experiences with falls and share tips for staying safe at home.

Relevance to Nursing Homes and Rehabilitation Centers:

- **Skilled Nursing Facilities:**

Workshops can be integrated into the rehabilitation plan for residents recovering from illness or injury.

- **Long-Term Care Facilities:**

Workshops can address the ongoing health needs of residents and promote their overall well-being.



- **Community Outreach:**

Workshops can be offered to the wider community, promoting healthy aging and connecting with potential residents.

The Workshops are well received by the residents and they are happy to get an opportunity to learn about how they can participate in their recovery from illness and prevention of illnesses.

The sessions are interactive, and the residents ask many questions. The staff also appreciate the program and the opportunity to learn.

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