

#everyBODYmoves MOBILITY-A-THON

Contests - NOW to Nov 11



For 72 hours, join the Johns Hopkins Medicine community to combat immobility harms by making patient mobility a care priority. Join us for some friendly competitions!

Winners receive **FREE** registration to the Spring 2022 JH-AMP Conference!



Poster "Doodle" Contest

Staff are invited to create posters that encourage the principles of JH-AMP. The best poster will be selected by the JH-AMP team and will be produced and shared in our tool kit!

Rules:

1. Posters can be individual or group submissions
2. Posters should be submitted in electronic format but do not have to be polished perfect.
3. Be creative!
4. Submissions deadline: November 11, 2021. Email HopkinsAMP@jhmi.edu to enter!
5. All winning posters will receive the full design treatment by the JH-AMP Team.

Share Patient Stories on Twitter

Do you have a Mobility Rockstar patient who wants to share their story? Videos should be shared on social media as part of our campaign

Rules:

1. Remember to follow all relevant institutional policies, JHMI and JH-AMP are not responsible for external submissions. All external submissions are assumed to be in compliance with their local policies.
2. Share on Twitter [@HopkinsAMP](https://twitter.com/HopkinsAMP) [#everyBODYmoves](https://twitter.com/hashtag/everyBODYmoves)
3. The post with the most retweets and comments wins!

Why does mobility matter?

Create and shoot a video highlighting why mobility matters to member of your team.

Share your videos on Twitter.

Some things to consider:

- Why does mobility matter to you?
- How have you seen mobility improve your patients?
- Show us how you move – show off your moving safely techniques
- Use your own idea! Get creative!

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For questions or more information, contact:
HopkinsAMP@jhmi.edu



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