

# Power Up NURSING



ADVANCING THE SCIENCE AND SPIRIT OF NURSING.  
EMPOWERED. RESILIENT. INNOVATIVE.

NO.2601

APRIL 2026

WELCOME TO OUR

## *New Bi-Monthly Power Update*

### Welcome to our Power Up Refresh

For our first two years at Power Up Nursing, sending one or two updates a year felt natural as we gathered momentum, partners, and stories worth sharing. Now, you're holding us to something bolder - every-other-month updates on our outreach, our business growth, our successes, and the energy building across our community of nurses, hospitals, and healthcare leaders dedicated to the protection and promotion of nurse well-being as a core business strategy and the cornerstone of community health. We're proud to be the only global, data-driven platform that measures how nurse well-being directly influences patient outcomes, hospital performance, and population health indicators. This newsletter is your front-row seat to that movement. Please enjoy this issue of Power Update, and we hope to see you soon on the road, in a hospital, or right here online.



#### In this newsletter:

National Events, Workshops,  
The Power of Biometrics,  
Next Level of Predictive AI,  
and more. Keep Reading!

#### Add to your calendar:

- National Rebranding: New Power Up Website Launch, April 6
- National Dance It Out for Nurses Day, May 8, 2026
- Chrysalis Conference Miami, November 19-21 (Registration)
- 2nd Power Up Caribbean Cruise for Nurses (March 2027)

*Tanya Abreu*

Tanya Abreu  
Co-Founder & CEO





## Coming Up

MAY 8, 2026 & MORE DATES

Join Power Up Nursing to celebrate our national multi-city, multi-hospital event DANCE IT OUT in honor of nurses who move everyone of us to better health.

[Find out more via our website](#)



INVEST IN YOURSELF TODAY!

# NURSES NIGHT OUT

YOUR FUTURE'S IN THE BAG  
Dinner

## Free Hospital Event

POWER UP NURSING CURATES FUN AND VALUABLE NURSE ENTERTAINMENT EXPERIENCES

Nurses Night Out: Your Future's in the Bag launches as a pilot in Florida, Texas, and Kentucky in early summer 2026. If you are interested in learning more, email [info@powerupnursing.com](mailto:info@powerupnursing.com)

## Spirit of Nursing Magazine

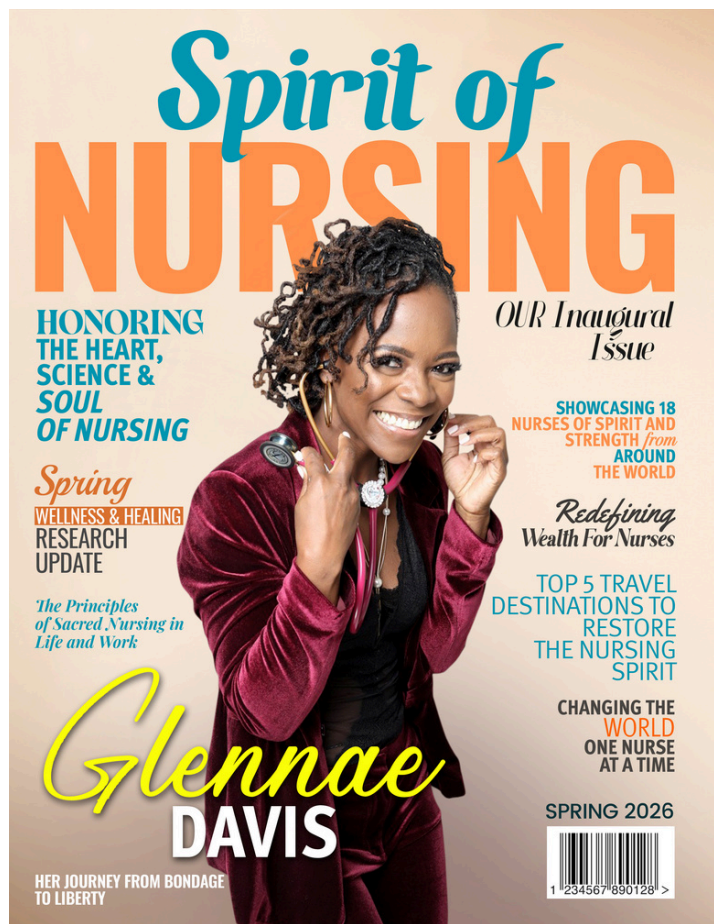
WE ARE PROUD TO ANNOUNCE THE INAUGURAL ISSUE OF SPIRIT OF NURSING IN MAY 2026

Spirit of Nursing is our new national publication launching in May, 2026, created to honor the real stories and lived experiences of nurses. It's a place where nurses can see themselves – their courage, their challenges, their triumphs, and their purpose – reflected with dignity and depth.

It is our National Platform to showcase the Heart, Grit, and Soul of the Nursing Profession.

For more information, to ADVERTISE, or to be included in our next issue:

[LEARN MORE](#)





## PUT A RING ON IT!

### MAKING WAVES IN HOSPITAL WELLNESS WITH SMART RING TECH & AN AI DRIVEN MANAGEMENT DASHBOARD

This ring unlocks something healthcare has never truly had before: an unprecedented, measurable nurse well-being to hospital performance program.

Working with Power Up Nursing and our proprietary AI-driven dashboard, nurse biometrics are entered de-identified into a simple algorithm that translates human data into business outcomes.

If you're a nurse and want your hospital to explore this program, email us at [info@powerupnursing.com](mailto:info@powerupnursing.com)

If you'd like to try the ring yourself, use our partner link (discount included) and get connected with us.

#### Individual Nurse Rings Available Here

What does that mean in real life?

- Improved nurse retention
- Decreased medical errors
- Lower health insurance utilization
- Increased nurse engagement—
- Fewer call-outs
- A whole constellation of performance indicators that stabilize operations and strengthen hospitals from the inside out

Powered by our partnership with **Circular**, this is a mini lab on your finger feeding real-time insight into heart rate, HRV, stress tolerance, recovery, sleep, oxygenation, with blood pressure and glucose monitoring coming soon.

Not just wellness.

Not just wearables.

This is workforce intelligence with a heartbeat.

WE HAVE JUST RELEASED A NEW HOSPITAL  
PILOT OFFER

50 nurses, 50 rings, an integrated leadership dashboard to monitor, improve, and celebrate the protection and promotion of nurse well-being as a core hospital business strategy and the cornerstone of community health.

All at less than the cost of replacing one registered nurse.

To set up an exploratory discussion, please email [info@powerupnursing.com](mailto:info@powerupnursing.com)

# POWER UP MOMENTS TO REMEMBER



## POWER UP NURSING PRESENTS RENEW FOR NURSES AT JACKSON HEALTH, MIAMI PRESENTED BY CERAVE, MIRAU, MOXIE SCRUBS AND LOVE POP

In November 2025, Power Up celebrated in Miami with our pilot hospital, **Jackson Health**, as they hosted their first-ever RENEW Event. Restoring Every Nurse Every Where (RENEW) is more than a workshop—it's an immersive, interactive experience designed to help nurses and healthcare providers restore balance, resilience, and overall well-being. More than a hundred nurses attended this dynamic workshop on preventing burnout and reclaiming joy in the nursing profession. Lunch was provided by **Mirau Capital**. A highlight of the event was **Tena Brown**, who led sessions on practical strategies for resilience, self-care, and emotional recovery. Her teachings reminded nurses that wellness isn't just about surviving shifts—it's about cultivating joy, protecting energy, and finding gratitude in the everyday. **To host a RENEW event at your hospital**, email [info@powerupnursing.com](mailto:info@powerupnursing.com)



## INAUGURAL POWER UP NURSING THINK TANK – LAKE NONA, SPRING 2025

Last spring, we hosted our first-ever SOLD OUT Power Up Nursing Think Tank in Lake Nona, bringing together nurse leaders, hospital executives, and wellness innovators from across the country. The gathering was both exciting and impactful, sparking bold conversations around resilience, recognition, and systemic transformation in healthcare.

Participants collaborated on strategies to elevate nurse well-being, explored new tools like the use of de-identified biometric data from nurses as a performance management tool.

Power Up plans a second think tank in 2027 on well-being. Stay tuned.



# MORE POWER UP MOMENTS



## POWER UP NURSING & AWHONN AT KAISER PERMANENTE NORTHERN CALIFORNIA: MATERNAL CHILD NURSE VITALITY AND LEADERSHIP WORKSHOP • DECEMBER 2025

Power Up Nursing was proud to partner with the AWHONN East Bay Chapter (co-hosted with Kaiser Permanente Northern California) for a dynamic workshop focused on maternal child nurse vitality, leadership, and well-being. Our Keynote Speaker: **Rose Horton**, President of AWHONN National, opened the session with a powerful address on the state of maternal child health nursing and the urgent need to protect and promote nurse well-being in the future of healthcare. **Dr. Carol Biggs, Dr. Kim Delbo, Dr. Brenda Jones, Dr. Rayne Soriano and Tanya Abreu** addressed the more than 70 nurses seeking more balance in work and life.



Sponsors including **CeraVe, Mirau Capital, Couplet Care, and Moxie Scrubs** contributed perspective and fun as well as a delicious lunch and giveaways.

Hospitals and health care systems who would like to replicate a maternal child health resilience and leadership event can contact Power Up Nursing at [info@powerupnursing.com](mailto:info@powerupnursing.com)



DR. SORIANO



DR. BRENDA JONES



DR. DELBO & ABREU



(L TO R) DR. DELBO, ROSE HORTON, AND DR. BIGGS

# DON'T MISS THE MIAMI CHRYSALIS CONFERENCE!

POWER UP NURSING NATIONAL CONFERENCE • NOV 19-21, 2026

## Chrysalis Conference 2026

**PowerUp NURSING** **NACFL**  
NURSING ACTION COALITION OF FLORIDA

Join Us on this Journey to Healthcare Transformation

Healthcare is in the midst of a chrysalis moment. What once felt like familiar structure now presses in as constraint, an old system stretched past its limits, asking more from clinicians and leaders while giving less back in return. The strain, the uncertainty, the discomfort we are all feeling are not signs of failure. They are the unmistakable signals of transformation in motion. Across hospitals, clinics, and communities, healthcare professionals are shedding what no longer serves and preparing for something freer, more humane, and more sustainable for those who give their lives to care.

**November 19-21, 2026**  
**Intercontinental Hotel Doral**  
[www.powerupnursing.com](http://www.powerupnursing.com)

**Don't miss the unfurling of new models in healthcare led by nurses.**

**Who Should Attend**

- Hospital Executives and Health System Leaders
- Ready to move organizations from survival to strength by shaping responsive, resilient systems of care.
- Nurses at Every Level and Career Stage
- From students and bedside nurses to managers, directors, and CNOs seeking renewal, belonging, and professional growth.
- Industry Visionaries and Healthcare Experts
- Innovators, strategists, and partners committed to advancing well-being, purpose, and excellence across healthcare.

**What to Expect**

- Up to 12 hours of CE's designed to support professional advancement and meaningful practice change
- A shared chrysalis experience focused on transformation, connection, and the future of healthcare
- Cost of attendance: \$500, with most meals and special events included, creating space for learning, dialogue, and community beyond the sessions



As nurses are the change of health for Americans, hospitals are the transformers of community health. Power Up Nursing's Chrysalis Conference brings nurses and hospital leadership together to imagine and build the future of healthcare today. Join this exciting experience!

This symposium isn't just about ideas –it's about action. It's your chance to be part of a bold, nurse-led movement that is reshaping how care is delivered, managed, and experienced in the U.S.

[REGISTER HERE](#)



Miami is our vibrant urban setting for this multi-generational, multi-ethnic, multi-experienced gathering for healthcare change that matters immediately. Bring a nurse colleague, an administrator, a friend in healthcare. This is transformation in action.



#powerupnursing | [info@powerupnursing.com](mailto:info@powerupnursing.com)  
[WWW.POWERUPNURSING.COM](http://WWW.POWERUPNURSING.COM)



AMERICAN COLLEGE of EDUCATION®



skyscape

## Announcing Our 2026 Industry Partners

### **MAKING WAVES WITH NEW DIGITAL TECH & AI, FINANCIAL PLANNING, EDUCATION, AND THE HUMAN TOUCH**

Power Up Nursing proudly celebrates our annual corporate partners whose commitment to nurses goes far beyond sponsorship, it shows up in action, impact, and heart. Through meaningful investments in resources, education, events, and thoughtful giveaways, these partners help create an ecosystem where nurses are supported, valued, and empowered to thrive. Their dedication fuels opportunities for growth, connection, and well-being, ensuring that those who care for others are also cared for. Together, we are not just recognizing nurses, we are actively building a future where their strength, resilience, and health are protected and elevated every day.

#### **FINANCIAL FIRST AID FOR NURSES WITH MIRAU CAPITAL MANAGEMENT**

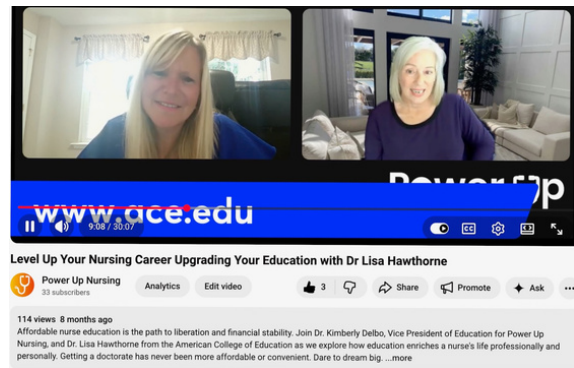
Power Up Nursing has joined forces with Mirau Capital Management to launch Financial First Aid for Nurses—a national campaign designed to help nurses treat their money with the same care and



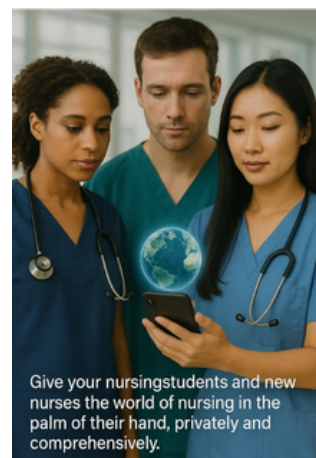
precision they bring to their patients. Integrated online and at live events throughout the year, Mirau makes talking money stress-free.

**LEARN MORE**

#### **CONVENIENT AND AFFORDABLE GRADUATE EDUCATION FOR NURSES**



[Listen in to a Power Up Nursing Podcast sharing the empowering perspective on career advancement for nurses with the American College of Education](#)



**SPOTLIGHTING THE NURSING CONSTELLATION PLUS APP, DEVELOPED WITH SKYSCAPE, AS A POWERFUL TOOL FOR NURSE EDUCATION, PRACTICE, AND WELL-BEING.**

Give your nursing students and new nurses the world of nursing in the palm of their hand, privately and comprehensively.

This all-in-one mobile resource brings together the most trusted nursing references, guidelines, and calculators—right into the palm of nurses' hands. All for **\$99.95 per nurse per year.**

**Get yours today.**

# Powering Up Community Health: The Next Frontier



## **OPIOID CRISIS**

**RING IN RECOVERY** IS A POWER UP PARTNERSHIP FOR A **NURSE-LED SOLUTION** TO ADDICTION RECOVERY WITH HEALTH TECH, 24/7 CHRONIC CARE MANAGEMENT, PEER SUPPORT, SPIRITUAL COUNSELING, AND SOMATIC THERAPY.

Power Up Nursing co-hosted and attended the Palm Beach **Ring In Recovery** Meeting, along with co-host **Common Ground Community Development**, in late summer 2025.

**Ring In Recovery** is an initiative that combines smart ring technology with somatic therapy and a nurse-led community health hub to bring vitality and strength to people in recovery. The gathering highlighted how wearable tools like the Circular Ring can track resilience, encourage self-care, and make recognition visible in everyday practice. It was an energizing session that reinforced our mission: to recharge, renew, and power up communities nationwide. Email to learn more at [info@powerupnursing.com](mailto:info@powerupnursing.com)



## **OUT OF THIS WORLD RURAL HEALTH PARTNERSHIP**

When you are invited to partner with an organization whose office is at the NASA/Kennedy Space Center, you can expect "out of this world" innovation for nurses in the future of healthcare.

Power Up Nursing is very proud to announce our partnership with [www.COMMHIT.org](http://www.COMMHIT.org), under the leadership of the incomparable Kendra Siler, PhD, PhD, and with the Nursing Action Coalition of Florida, under the extraordinary vision of Dr. Commander Janice Adams.

Together, we will design and replicate models to improve nurse workforce impact, nurse education, and excellence in rural healthcare through integrated clinical systems.

Stay tuned for "lift off" this summer 2026.

*THANK YOU FOR YOUR POWERFUL SUPPORT*