



FOR IMMEDIATE RELEASE

Power Up Nursing Brings "Nurses Brunch Out: Your Future's in the Bag" to United Regional

National well-being initiative supports nurse leaders with practical tools for personal growth, professional development, and stronger leadership skills

WICHITA FALLS, Texas. August 5, 2026. Power Up Nursing is proud to partner with United Regional to present **Nurses Brunch Out: Your Future's in the Bag**, a leadership development experience focused on nurse well-being, professional growth, and personal success for nurse leaders. The event will be held on **Wednesday, August 5, 2026, from 12:00 p.m. to 2:00 p.m.** at United Regional in Wichita Falls.

The interactive luncheon is designed to strengthen leadership development by giving nurse leaders practical strategies to strengthen financial wellness, career development, resilience, and overall well-being.

"Our mission and our passion is to elevate nurses by providing easy, practical, and convenient tools that help them care for themselves while they care for their patients," said **Tanya Abreu, CEO and Founder of Power Up Nursing**. "Strong nurse leaders create stronger teams, healthier work environments, and better experiences for patients. At Power Up Nursing, we are committed to helping healthcare organizations invest in leadership development that supports both caregiver well-being and long-term workforce strength. The work being done at United Regional is an outstanding example of what happens when organizations invest intentionally in their workforce."

The program's theme, "**Your Future's in the Bag**," reflects the belief that every nurse deserves the knowledge, confidence, and resources to build a healthier and more secure future.

Featured presentations include:

- **Financial Planning for Peace of Mind**, exploring the important connection between financial wellness, mental health, and long-term security.
- **The Power of Education**, highlighting how continued learning builds confidence, expands career opportunities, and accelerates professional growth.
- **A Path to Joy and Renewal**, presented by **Tena Brown**, founder of **RENEW**, CeraVe's nationally recognized nurse resilience initiative, offering practical strategies for rediscovering purpose and well-being even during life's most challenging seasons.

The event is made possible through the support of national partners including **Circular Smart Ring**, **Mirau Capital Management**, **CeraVe**, and the **American College of Education**, organizations that share Power Up Nursing's commitment to supporting the nation's healthcare workforce.

Power Up Nursing's **Nurses Brunch Out** series is part of a growing national movement dedicated to making nurse well-being and leadership development strategic priorities for healthcare organizations. Through education, technology, community, and innovative partnerships, the organization helps hospitals strengthen workforce resilience, support emerging and established leaders, and build healthier care teams.

About Power Up Nursing

Power Up Nursing is a national healthcare well-being organization dedicated to helping nurses and healthcare professionals thrive personally and professionally. Through education, strategic partnerships, innovative technologies, and evidence-informed well-being programs, Power Up Nursing works with hospitals and healthcare organizations across the United States to improve workforce performance, strengthen resilience, and ultimately improve community health.

About United Regional Health Care System

United Regional Health Care System is a trusted health care provider and community partner serving Wichita Falls and the surrounding region. United Regional is committed to providing high-quality, compassionate care close to home while investing in programs, partnerships, technology and services that support the health and well-being of the communities we serve. For more information, visit <https://unitedregional.org>.

Media Contact

Anel Tuyebayeva

Chief of Staff

Power Up Nursing

Email: Anel@PowerUpNursing.com

Phone: (561) 358-5230