



SPRING INTO THE FUTURE OF NURSING

These first few months of 2025 have been a whirlwind of support, growth, and unexpected alliances that make our Power Up Nursing online platform, in-person events, speaker's bureau, and hospital partnerships the fastest growing network of healthcare professionals in the world dedicated to the well-being of nurses as the heart and future of healthcare.

Power Up Nursing has planted "bulbs" of change in the past three years. Join us in the excitement of manifestation as we advance the science and spirit of nursing.



TANYA ABREU, MA, CEO
POWER UP NURSING

"It is such an honor to synthesize the vision, experience, and action of our inspired Power Up team and corporate partners. We are making nurse well-being measurable, actionable, and profitable in the U.S. healthcare system and beyond."



DID YOU KNOW?

- In partnership with **Moxie Scrubs** and **Moxie Scrubs Foundation**, Power Up is now a verified media channel of information to more than **650,000 nurses?**
- Power Up works with **US Hospitals to protect and promote nurse well-being** for patient care excellence?
- With our program UltraNurse, **Power Up works with UltraHuman** to help nurses monitor their biometric data for transformed health and career performance?

In this newsletter you will find:

↓ Latest projects, new partners in healthcare innovation, the emerging science of metabolic health, nurse-led menopause, FDA-cleared device for anxiety and insomnia, and more. Keep Reading!

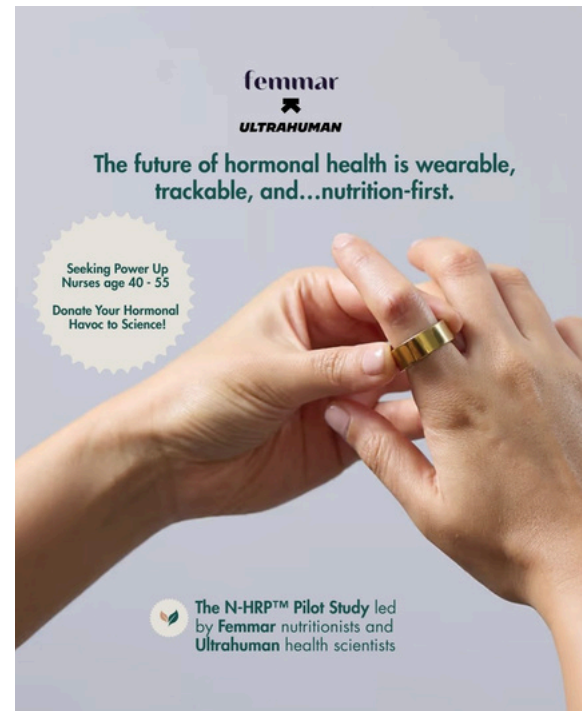
Power Up Joins Femmar and UltraHuman for the N-HRP™ - Natural Hormone Rebalancing Protocol™ Pilot Study

For decades, women navigating menopause have been underserved offered little more than antidepressants, sleeping pills, or a shrug.

Femmar's Natural Hormone Rebalancing Protocol™ (N-HRP™) has been helping women reduce menopause symptoms naturally for over 30 years. Now, in conjunction with Power Up Nursing and UltraHuman, **Femmar** is bringing real-time biometric data to help women everywhere.

In partnership with **UltraHuman**, this pilot study will pair symptom tracking and nutrition protocols with 24/7 wearable insights on sleep, stress, temperature, and heart rate variability and how this data may help transform the way hormonal care is delivered to millions of women.

Power Up Nursing is committed to the recruitment of qualified nurse participants for this landmark study to ensure scientific interest and clinical compliance. Power Up will be a promotional partner for the results and the N-HRP™ program going forward. For more information on the study or how to get involved, **email info@powerupnursing.com**



Alpha-Stim® devices have helped hundreds of thousands of people achieve remarkable results. Prescribed around the world by healthcare professionals, Alpha-Stim devices are FDA-cleared, easy to use, portable, and clinically proven to provide fast, safe relief from anxiety, insomnia, depression, and pain.

www.alpha-stim.com

Alpha-Stim® and Power Up Partner to Educate Nurses on Brainwave Technology for Pain, Insomnia, and Anxiety

Alpha-Stim®, a line of FDA-cleared neuromodulation therapeutic devices utilizing cranial electrotherapy stimulation (CES) and microcurrent electrical therapy (MET), has partnered with Power Up Nursing to offer nurses powerful medical technologies designed to support both their personal health and clinical excellence. By integrating Alpha-Stim devices into their personal self-care and professional practice, nurses gain access to effective, non-pharmacological tools to manage anxiety, insomnia, depression, and pain – helping them stay strong in their own health while delivering high-quality care to patients.

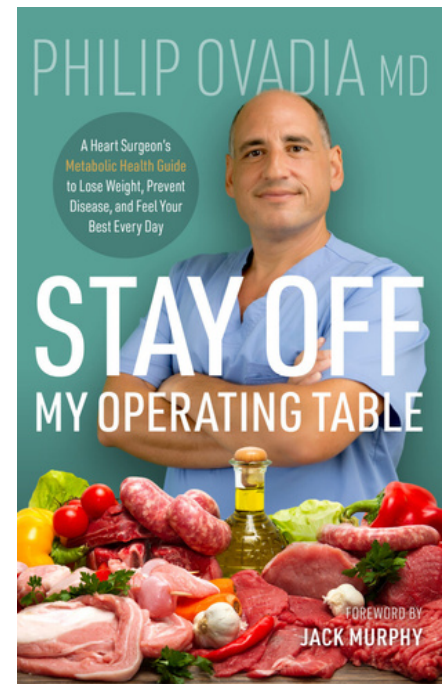
Nurses Are the Heart of Healthcare; New At-Home Testing Kit Puts Their Health First

Dr. **Philip Ovadia** has made a career out of saving lives in the operating room, but in recent years, he's become equally focused on keeping people off his operating table. In a recent **Ovadia Heart Health livestream** with **Tanya Abreu**, CEO of Power Up Nursing, Dr. Ovadia unveiled a powerful new initiative to transform healthcare by empowering the true heart of the system: nurses.

As Dr. Ovadia puts it, "There is no hospital without nurses. They're the ones who are at the bedside, fielding patient questions, delivering care, and making the entire system work. But despite that, they're rarely cared for themselves." That paradox is exactly what the new partnership between Ovadia Heart Health and Power Up Nursing is aiming to address.

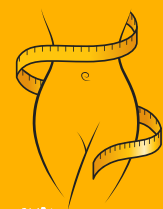
Our goal: give nurses the tools, knowledge, and agency to reclaim their own metabolic health—and in doing so, help reshape the health of millions. what percentaeg"60% of nurses are overweight," Tanya noted. "And 80% of that group are clinically or dangerously overweight. They're exhausted, stressed, and surrounded by poor food choices. And yet no one is talking to them about metabolic health."

Dr. Ovadia, who lost 100 pounds and reversed his own chronic health problems through lifestyle and nutrition, explained that the concept of metabolic health is missing entirely from most medical and nursing education.



To empower nurses to change their own metabolic health and the lives of their patients, **Ovadia and Abreu** announced the upcoming release of an at-home metabolic health testing kit, designed to provide busy professionals, especially nurses, with an easy and affordable way to check their status.

Interested participants can **join the waiting list** at ifixhearts.com/powerup to be among the first to access the kit when it launches.



Travel, Learn, Share with Power Up in 2025-26



GLAMP
with us.

GET YOUR MOXIE BACK:

**Nature Retreat for Power Up Nurses
November 6-9, 2025**

Earlybird register for an unprecedented nurse “sleepaway” adventure for nurses seeking fun in recovery personally and professionally. Westgate River Ranch in Central Florida. REGISTER TODAY. We are limited to 50 happy campers.



CRUISE
with us.

**2nd Annual Power Up Caribbean
Cruise for Nurses
GET BOLD, GET EVERYTHING
March 2026**

Set sail for an unforgettable experience designed exclusively for nurses! The **2nd Annual Power Up Caribbean Cruise for Nurses** is more than a getaway; it’s an opportunity to invest in yourself, your career, and the future of nursing.

This 4-night cruise aboard the luxurious ROYAL CARIBBEAN cruise line is packed with insights, inspiration, and the tools you need to “rock the boat” in healthcare and beyond. **RSVP NOW** for the conference portion of the cruise. Cabin block released to registered attendees on July 1.

SAVE THESE DATES TO PARTICIPATE IN THE FUTURE OF HEALTHCARE WITH POWER UP & YOUR PEERS

Hospital Leadership Think Tank:
Soar Into the Future of Healthcare
BY INVITATION ONLY

Oct 24-25, 2025 Friday, Saturday
Scottsdale

How Can AI Elevate the Role of Nurses
and Improve the Business of Hospitals



**Bridging the Gap
Between Bedside
and Boardroom:
Nurses and Hospitals
United for Change**
June 27 - 30, 2026
Intercontinental
Miami Doral

Join the conversation and witness the profound impact that nurses and hospitals working in leadership together can have on community health and the business of healthcare. Learn from hospital executives, chief nursing officers, nurse influences, and healthcare visionaries. **RSVP TODAY**



Jackson

HEALTH SYSTEM



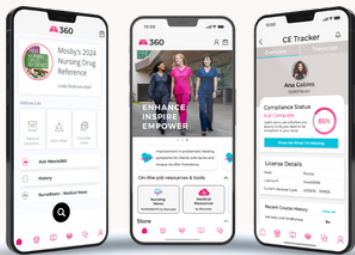
ULTRAHUMAN



Self Care is the New Healthcare™

POWER UP NURSING AND JACKSON HEALTH
LAUNCH **PHASE 2 OF COMPREHENSIVE
WELL-BEING PROGRAM FOR NURSES**

Power Up Nursing is proud to announce the launch of **Phase 2 of the Power Up Jackson Program** for Nurse Well-Being. Based on the positive feedback on the **UltraHuman Air smart ring** worn by nearly 400 Jackson Health nurses and staff and the desire for centralization of nurse well-being activities and community events, **MOXIE 360** is our partner to develop an app at Jackson Health that will digitally integrate wellness and performance optimization efforts. The **Jackson-branded app** will feature AI-driven clinical resources for confidence, an interactive mentoring platform for connection, and well-being content, events, and CE education for lifestyle and career improvement. Email info@powerupnursing.com to learn more.



Power Up Nursing's hospital strategy promises workforce performance optimization and improved nurse well-being using a simple and data-driven **A.R.M. approach:**
Assess. Recommend. Measure.

Our **strategic executives assess** workplace culture with our hospitals. **Power Up recommends** proven strategies for positive changes that are integrated and **centralized by our partner MOXIE 360.**

UltraHuman biometrics and AI help us measure results and plan for continual improvement.



Audrey Boyce, RN
Advisory Board
Founding Member

Meet A Power Up Nursing Advisory Board Member

WE ARE IN LOVE WITH NURSING AND THE
FUTURE OF HEALTHCARE

Power Up Nursing is proud to announce our national Advisory Board for developing people, programs, and experiences that advance the science and spirit of nursing.

[For a complete list of members, review HERE.](#)



HAPPY NURSES' MONTH 2025

There's Still TIME

Power Up Nursing celebrates with extra enthusiasm as we honor the profession of nursing. It's not too late to get in on the action and to receive samples, discounts, and gifts.

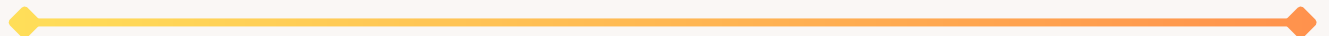
Scan our Nurses' Month QR code and register to receive an email with all the details to redeem your gift package.



Lifelines™



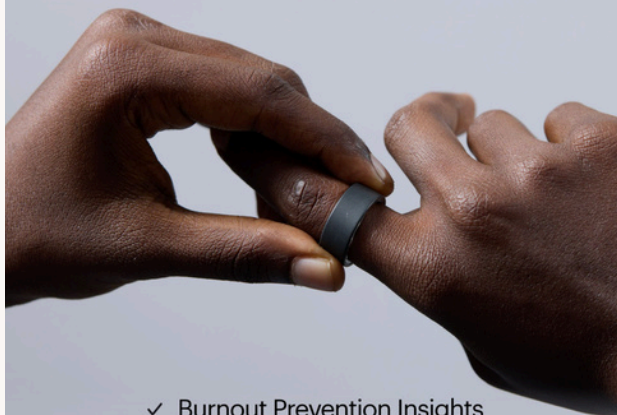
OOFOS®



 **ULTRAHUMAN**

Equip your nurses with the tools they need to thrive.

A partnership using Ultrahuman technology for better health - for nurses and their patients.



- ✓ Burnout Prevention Insights
- ✓ Personalized Recommendations
- ✓ Get Real Time Health Data



INFO@ULTRAHUMAN.NET



MusNatural

The Most Powerful Antioxidant for Nurses on the Frontline

Antioxidants play a critical role in protecting our bodies from oxidative stress, a silent contributor to inflammation, chronic illness, and immune dysfunction. For nurses and healthcare professionals, whose bodies are constantly under pressure from long shifts, emotional strain, and disrupted sleep, antioxidant support isn't just helpful—it's essential.

Power Up Nursing is proud to partner with MusNatural for one of the best single sources for antioxidant protection.

Unlike other grapes, the muscadine has an extra chromosome, giving it a unique antioxidant profile that includes ellagic acid, resveratrol, and quercetin. These compounds help fortify the immune system, protect cardiovascular health, and support cellular resilience in ways that ordinary grapes can't match. **LEARN MORE & TRY NOW**

Voice, advocacy, presentation, and action planning are the keys to transformational change. Power Up Nursing is proud of our collective voice at conferences around the United States and beyond. **Our Nurse Advisory Board** and **Speakers Bureau** are available to speak and represent the art and science of nurses as we work tirelessly to protect and promote the well-being of nurses as the future of healthcare. Learn more and email us at info@powerupnursing.com



Vice President & Board Member **Kim Delbo** speaks at the National League for Nursing



Board Member **Carol Biggs** represents as a Chief Nursing Executive at AONL Boston



Advisory Board Chair & Media Influencer **Rosa Hart** talks health tach at VIVE 2025.



Power Up at The Nurse Leaders Summit, Nashville 2025 with **Tanya Abreu, Kim Deblo, and Geoffrey Roche**



CEO **Tanya Abreu** at the Women's Club of El Paso Women's Health Summit



CEO **Tanya Abreu** at AONL 2025 in Boston with Power Up Partner Moxie 360 and sponsor **CeraVe**. Thank you to Moxie Scrubs CEO **Alicia Tulsee** for the opportunity.



At USF San Diego with CEO **Tanya Abreu**, Advisory Board Member **Audrey Boyd** and our partners for the well-being of nurses **Alpha-Stim**



Biohacking with our partner UltraHuman at the first U.S. based Health Optimization Summit in Austin, Texas



NEW PODCAST SERIES

BOLD Voices: A Nurses Month Podcast Series



Join us for **four consecutive Sundays**, starting **May 11 at 6 p.m.**, as we celebrate the **BOLD** values that nurses embody every day: **Brave, Optimistic, Loving, and Disruptive.**

Each episode spotlights **extraordinary stories** and **groundbreaking innovations** from forward-thinking nurses who are transforming the healthcare landscape. From resilience in leadership to revolutionary care solutions, these conversations will ignite inspiration and action.

Broadcast Schedule: Sundays May 11, 18, 25 & June 1 at 6 p.m.

Listen NOW to our **BOLD VOICES** with **Leanne Meier, Melissa Mills, Angel Hoffman, Rosa Hart, Laquita Burden, Kimberly Delbo, Audrey Boyce, Cheryl Field, Carol Biggs.**



AMERICAN COLLEGE of EDUCATION®

Power Up Nursing is proud to announce our official partnership with American College of Education (ACE) as our exclusive education provider!

This collaboration supports our shared mission to improve nurse retention and recruitment by expanding access to high-quality, affordable, and flexible degree and certificate programs.

Whether you're a practicing RN or an experienced nurse educator, ACE offers a path to help you grow. Learn more by visiting the link below!

POWER UP AND ACE PARTNER FOR NURSE EDUCATIONAL EXCELLENCE

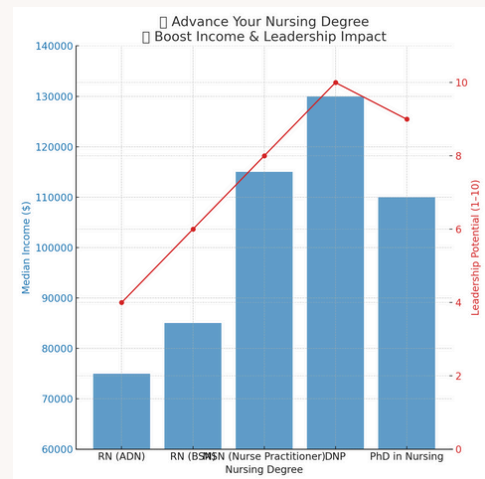
Thank you **Dr. Candy Campbell** for your inspiring performance at Power Up Nursing's 2025 online tribute to Nurse Florence Nightingale

Join Us for a fun virtual event
 May 12 6pmEST.

Special Guest: Florence Nightingale portrayed by Dr. Candy Campbell, Nurse, Author, and award-winning actress

- Birthday Toast
- Conversations recognizing nursing's enduring impact
- Inspiration
- Trivia & Prizes

Power Up NURSING



Proud to Support our 2025-26 Partners

CLICK ON LOGOS FOR LINKS

"advancing the science and spirit of nursing"



AMERICAN COLLEGE of EDUCATION



ULTRAHUMAN



CHARLOTTE'S WEB™



PULSETTO



MOXIE scrubs