



# POTS Strength & Nutrition Program

If you've been diagnosed or think you may have Postural Orthostatic Tachycardia Syndrome (POTS), **Renew: POTS Strength and Nutrition program** may help you manage your POTS symptoms with the exercise, nutrition, and self-care practices. If you're living with POTS, this program was designed to support the healing process and promote a stronger more empowered YOU!

## What to expect getting started:

**Renew: POTS Strength & Nutrition program** consists structured weekly strength training and nutrition guidance. There is a series of 3, 4 week phases including strength training, follow along at home workout plans, nutrition guidance, goal setting, and weekly action plans. With the completion of each 4 week phase you will progress to the next phase.

## Join us!

When: Wednesdays, 4:30pm – 6pm

Where: 1750 E. Northrop Blvd. Ste. 250, Chandler AZ 85286

Cost: **Free**

For more information or to register contact  
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