



PoTS UK Retreat 2021

Date : Sunday 24th October 2021
Venue: Cotswolds De Vere Water Park or Online Via Zoom

10:00 - Registration and refreshments - Michaela Nuttall

10.30 'Mindful' welcome, pacing yourself and housekeeping
- Dr Morwenna Opie-Moran

10.40 Question time - Dr Sanjay Gupta & Prof Lesley Kavi

11.40 - Coffee break

12.00 - Personal story - 'The critical role a personalised exercise programme played in my recovery' - Anita Kiernan

12.30 - Research Update - Quality of life impact of PoTS - Dr Sam Waterman

12.45 Lunch

1.45 'Living your best you' tips and life-hacks for optimising mental health, resilience and living a positive and purpose-driven life
- Dr Morwenna Opie-Moran

2.10 Medical Detection Dogs

2.30 Break out sessions

3.15 - Coffee break

3.45 - 4.15 Break out sessions

(Break out sessions will include: Breathing with Lorna Nicholson, Mindfulness session, Parent & Carer cafe)

4.15-4.45 Ask the experts Q&A session

4.45 - Thank you and close.

6.30 - Pre-dinner drinks

7.15/7.30 - Quiz, dinner

