

POTS UK

‘Walk and Talk’ fundraising event

3rd-5th May
2025



Get together with family or friends
and ‘Walk and Talk for PoTS’

- Choose your distance and location
- Dress in purple
- Share your photos on social media using #WalkandTalkforPoTS
- Purchase a fundraising pack
<https://www.potsuk.org/product/fundraising-pack/>



Please donate here
or Text POTSUK to
70470



Postural Tachycardia Syndrome (PoTS) is a common but under-diagnosed condition causing frequent disabling symptoms including palpitations, lightheadedness, blackouts, fatigue, brain fog and breathing difficulties.