



HELP DEFEAT DIZZINESS DURING BALANCE AWARENESS WEEK

The goal of Balance Awareness Week is to help people recognise the symptoms of an inner ear (vestibular) disorder for prompt diagnosis and treatment.

GET INVOLVED

- **Write and send your personal story to local radio and televisions stations and newspapers.**
- **Download and print the Balance Awareness Week poster from this website to hang at your doctor's office, gym, Tai Chi, Yoga, or Pilates class, sports club, local community centre, library, or local business.**
- **Host an event during Balance Awareness Week**
 - **Organise a walk, run, bike ride or golf day among friends, family, colleagues and co-workers and donate the proceeds to Meniere's Australia Inc.**
 - **Ask your local yoga or Tai Chi instructor to hold a Balance class – *Yoga for Balance or Tai Chi for Balance* and donate the proceeds to Meniere's Australia Inc.**
 - **Hold a morning or afternoon tea, BBQ, lunch or dinner, inviting colleagues, co-workers, family and friends.**

Send your donations to Meniere's Australia Inc. supporting people with dizziness & balance disorders - menieres.org.au or admin@menieres.org.au or Tel: +61 3 9783 9233.