



BALANCE AWARENESS WEEK to **DEFEAT** *DIZZINESS*

5018 NE 15TH AVE, PORTLAND, OR 97221 DIRECT: (503)-294-9085 · (800) 837-8428 ·
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Ways for individuals to participate

You can make a difference and be a part of a very exciting and fun time. Here are a variety of ways that you can participate in helping VEDA raise awareness and funds.

Raise awareness and money online - Create your own fundraising page and ask your friends, family and coworkers to support you by making a donation. Here are some easy steps to follow:

1. Customize your fundraising page with your personal story. Let people know why this is important to you. You can even add a photograph to your page.
2. Set your goal. Be ambitious but also realistic.
3. Divide your goal by 10 or 15. This makes it easy to ask nearly anyone to donate \$10 or \$15 to you.
4. Write down a list of contacts that you can approach. Your list will grow quickly. Think of:
 - a. 5 relatives
 - b. 5 friends
 - c. 5 co-workers
 - d. 5 neighbors
 - e. 5 church or social group contacts
 - f. 5 people/places you frequent – hair dresser, nail salon, post office, dry cleaners, bank, grocer, mechanic, etc.
 - g. 5 “former” co-workers or neighbors
5. Use the templates on www.vestibular.org/baw to reach out to your contacts via email, letters, Facebook, etc.
6. For convenience, your supporters can donate online – directly to your page.
7. Double your money – Many companies having “matching gift” programs. If yours does, you can make a contribution to VEDA and have your company match it.
8. Once you hit your goal, raise it and keep going!
9. Be sure to thank those who supported you after Balance Awareness Week.



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Other ways to fundraise and spread awareness

- ❖ Special occasion donations – in place of receiving or giving gifts for special occasions such as birthdays, anniversaries, wedding, etc. – donate the money to VEDA.
- ❖ Host a spaghetti dinner – You can distribute fact sheets about vestibular disorders and ask attendees for a donation to support VEDA.
- ❖ Have a bake sale or car wash at work, at your school or church, or in front of a local grocery store.
- ❖ Organize a walk, run or bike ride - Get pledges from friends, family & coworkers and share with them how difficult these activities can be for someone with a vestibular disorder.
- ❖ Partner with a local business that you frequent – Ask you hair dresser, dry cleaner, veterinarian, favorite restaurant or coffee shop, car wash, gym, chiropractor, etc. to donate a portion of their proceeds to VEDA during Balance Awareness Week, or even just for a day.
- ❖ Double your money – Many companies having “matching gift” programs. If yours does, you can make a contribution to VEDA and have your company match it.
- ❖ Jeans day at the office – Host a day at the office and offer to allow employees to wear jeans for a \$5 donation.
- ❖ Ask your doctor – Tell your vestibular specialist that you’re raising funds to promote awareness for vestibular disorders and ask them to sponsor you.



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Help Spread the Word

- ❖ Posters & Fliers – Download a Balance Awareness Week poster or flier and bring it to your local copy center to have it printed, then hang it at your doctor's office, clinic, hospital, coffee shop or community center.
- ❖ Press Release - Download a press release and send it to your local paper.
- ❖ Public Service Announcement (PSA) – Download a recorded PSA and ask your local radio station to run it.
- ❖ Newsletter Ad – Download a sample “ad” to post in your organization's newsletter, your school or church bulletin, etc.
- ❖ Banner – Download a .jpg banner to post on your organization's website.
- ❖ Share with your friends – Send an e-mail or snail-mail letter or post on Facebook to tell your friends that you support VEDA, and ask them to visit our website to learn more about vestibular disorders.