



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

Top 10 Ways to Get Involved

1. Become a sponsor
2. Create a campaign page and tell your story
3. Request a poster(s) to hang in your office or requests several to ask others to hang in their offices
4. Be active on Facebook: Share our Facebook Posts, Change your Facebook profile picture to the Defeat Dizziness logo, and/or Create your own Facebook Posts about Balance Awareness Week and your involvement with VEDA
5. Tweet about VEDA and Balance Awareness Week
6. Blog about Balance Awareness Week
7. Include Balance Awareness Week in your newsletter, e-blasts or advertisements
8. Request our Balance Awareness Week logo and place on your website with a link to our website
9. Host an event such as an open house, welcome reception, education workshop, yoga clinic, or balance screening during Balance Awareness Week
10. Promote the patient registry among your patients. Visit www.vestibular.org/registry for more information.

Thank you for your commitment to the “dizzy” community and raising awareness of the signs and symptoms of vestibular disorders. Through your efforts, VEDA will be able to continue to meet its mission to inform, educate and support the vestibular community.



Please visit www.vestibular.org/baw for more information.