



PROMOTING YOUR SUPPORT GROUP

VeDA includes general information about your meeting schedule in our online support group directory (e.g. 1st Tuesday of every month) and details about your meeting date, time, location and contact information in our monthly V-News email, sent to >9,000 people. You are responsible for promoting your group locally and sending out meeting reminders to attendees.

We recommend that you send this reminder via email one week prior to the meeting date (you can use VeDA's registration forms to collect attendee emails). If you do not have a mass email service ([Mail Chimp has a free version](#)), it is best to send "To" your own email address and include the recipients' email addresses in "Bcc:" for privacy reasons.

Here is a suggested template for your meeting reminders:

MEETING DATE/TIME: *(insert)*

Dear Support Group Attendee,

Don't forget to join us on *Day, Month Date at time A/PM* (include time zone) for the *Name* Vestibular Support Group meeting.

Support groups offer vestibular patients a safe and nurturing environment where they can connect with others struggling with similar inner ear balance problems, and have the opportunity to share information and personal stories. This forum allows patients to ask questions, discuss, and learn together about vestibular disorders in a non-judgmental and supportive atmosphere. Most importantly, support groups give vestibular patients the chance to find acceptance and discover ways to cope and manage what is too-often a misunderstood and devastating "invisible" illness.

Location: *(insert)*

Contact

Name: *(insert)*

Telephone: *(insert)*

Email: *(insert)*

VESTIBULAR DISORDERS ASSOCIATION