



BALANCE AWARENESS WEEK EVENT IDEAS

Indoor Flock Walk: Circuit Style Balance Class

Created by: Dana Tress, vestibular PT, VeDA Ambassador & Flock Leader

Summary

This class can be held at a physical therapy clinic or any open indoor space and led by a vestibular physical therapist.

- Cost For Participants: Free
- Time: Clinic should open 30 minutes prior to the class. Class will last approximately 45 minutes.
- Setup: Set up in a circuit-style format with stations around the clinic. Exercise stations will alternate between a “walk in place” inspired exercise and a balance exercise. Participants will spend one minute at each station. Participants will complete 3 circuits during the class. Prior to class starting, the class instructor will demonstrate each exercise. Each station will also have a sign on it naming the exercise with a picture of the exercise.

Exercise Stations in the Circuit

1. Marching in Place
2. Tandem stance w/ head turns
3. Alternating foot taps on step
4. Grapevine
5. Standing HS curls (Butt Kicks)
6. Hip hinge cone taps (or SL deadlift if too easy)
7. Sidestepping over obstacle (back and forth)
8. SLS w/ 3-way taps
9. Walk up and down turf and move bean bags
10. Figure-8 Walk forwards and backward

Supplies

- A way for participants to register prior to class; each participant must sign a waiver to

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- participate in the class
- Flamingo-inspired give-away
- Water and fruit available for participants

Outdoor Flock Walk

Created by: Dana Tress, vestibular PT, VeDA Ambassador & Flock Leader

Summary

A group walk through a local park or neighborhood to help raise awareness about vestibular disorders. The group can be comprised of healthcare professionals, individuals with vestibular disorders, and their family/friends/support people.

What You Do

Prior to the event, design an easy walking route in an area near you where you will likely run into other people. Have participants register for the walk so you know how many people will attend. Encourage participants on your walk to wear lots of flamingo gear (hats, shirts, leggings, headbands, etc.). Provide water if you can for your participants. Warm up together as a group and then head out for your walk. Download resources from VeDA's website to distribute to people you run into along the way. Take pictures to share on social media, and tag VeDA.

Supplies

A waiver for participants, things to hand out to the public as you walk, water, a plan in case of inclement weather the day of your event (maybe move it indoors somewhere).

VeDA Table at Healthcare Provider Office

Created by: Pat Filipek & Marissa Aldrete; VeDA Ambassadors and Dana's Flock Members

Summary

Promote awareness about VeDA and vestibular disorders at your healthcare provider's office (or church, community center, gym, etc.).

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What You Need

1. Ask the office manager or healthcare provider for permission to set up an information table.
1. Download handouts and information from VeDA's website to stock the table. Contact VeDA and request a "health fair-in-a-box" kit.
2. If you want, you can have things for people to take (flamingo-themed pens, pencils, stickers, etc.).
3. Interact with people coming into the office to explain who you are and what you are doing, sharing information about vestibular disorders and VeDA

Decorating Your Clinic for Balance Awareness Week

Created by: Dana Tress, vestibular PT, VeDA Ambassador and Flock Leader

Summary

Flamingos make conversations happen! During Balance Awareness Week, decorate your clinic with as many flamingos as you can find, along with information about balance and vestibular disorders to help raise awareness.

Ideas for Decorations

- Arrange pink footprint-shaped wall decals around the clinic. On each footprint, write an idea of a step someone can take to improve balance.
- Create a photo booth with Fiona the Flamingo where people can strike their best balance pose. Have flamingo hats, sunglasses, headbands, and pink boas available for them to use for their picture. Compile them at the end of the week for a social media reel.
- Set up balance stations around the clinic where people can check their own balance and see how they perform.
- Have vestibular disorder fact sheets around the office.
- Have the team wear flamingo/pink one day to raise awareness.
- Get creative!!!