

BALANCE AWARENESS WEEK: SEPT 13-19

It's almost time to...

MAKE VESTIBULAR VISIBLE

Vestibular disorders may be invisible, but their impact is impossible to ignore. Every day, millions of people live with dizziness, vertigo, imbalance, and other symptoms that others can't see.

That's why VeDA's flock comes together each year for **Balance Awareness Week (BAW)**. This annual campaign shines a spotlight on vestibular disorders, helps people get diagnosed sooner, raises awareness, and supports better care and research. Because no one should have to lose their balance, or feel invisible.

HELP US SPREAD OUR WINGS

Every voice makes a difference! Here's how you can help:

- Share your story
- Enter the Fiona Flamingo Photo Contest
- Post using **#BalanceAwarenessWeek**
- Wear awareness gear at
VESTIBULAR.ORG/MERCH



**BALANCE
AWARENESS
WEEK**
SEPT 13-19, 2026

JOIN FIONA'S FUNDRAISING FLOCK

Join Fiona's Fundraising Flock and help people with vestibular disorders feel seen, supported, and understood. You'll receive:

- A personal fundraising page to share your story
- Easy tools to spread awareness and raise support
- A chance to join a flock of advocates making a worldwide impact

Ready to flock together for change? Sign up at **VESTIBULAR.ORG/BAW**.

