

14-20 SEPTEMBER 2025

# BALANCE Awareness Week

**Balance Awareness Week** is a global effort to raise awareness of vestibular conditions. Symptoms can include dizziness, tinnitus, hearing loss, ear fullness, headache, migraine, nausea, sickness and imbalance.

Living with a vestibular disorder can be isolating and lonely. These conditions can interfere with people's ability to socialise and participate in everyday activities.

Raising awareness of vestibular disorders is important to encourage people to not only become more aware of vestibular conditions but also to **take action**.

[www.menieres.org.uk/support-us/baw](http://www.menieres.org.uk/support-us/baw)



**Ménière's Society**

for dizziness and balance disorders

Registered charity number 297246