

# Blue Monday

Monday 12<sup>th</sup> September for Balance Awareness Week

We're taking part in Blue Monday to raise money and awareness for the Ménière's Society – a charity dedicated to supporting people with dizziness and imbalance from vestibular disorders.

Guess the number of Sweets in the Jar Competition!



Where: \_\_\_\_\_

When: \_\_\_\_\_

Thank you & Good luck!

The Meniere's Society, The Rookery, Surrey Hills Business Park, Wotton, Surrey, RH5 6QT  
01306 876833 | fundraising@menieres.org.uk | menieres.org.uk  
Registered Charity Number: 297246

  
**Ménière's Society**  
helping people with dizziness and balance disorders