



Balance

Awareness Week 2016



12th – 18th September 2016

The Ménière's Society is the only UK registered charity for people with dizziness and balance disorders. During Balance Awareness week (12th – 18th September) there will be many things you can do to help us raise the profile of vestibular disorders to help Defeat Dizziness.

How you can help us to Defeat Dizziness...

Share our social media posts with your friends and family

Order something from our online shop to raise funds

Take part in one of our events or online competitions

Contact your local newspaper or radio station to share your story

Donate money by texting 'BALA16 £X' to 70070 ('X' - insert amount)

Tell people about vestibular disorders

Use one of our photos as your Facebook cover during BAW

Use our hashtags: #BAW2016 #DefeatDizziness #BalanceAwareness

Visit menieres.org.uk/baw2016

Did you know?

40% of people over age 40 experience symptoms of dizziness and/or imbalance at some time. Vertigo can be truly debilitating and many vestibular conditions have no cure.

