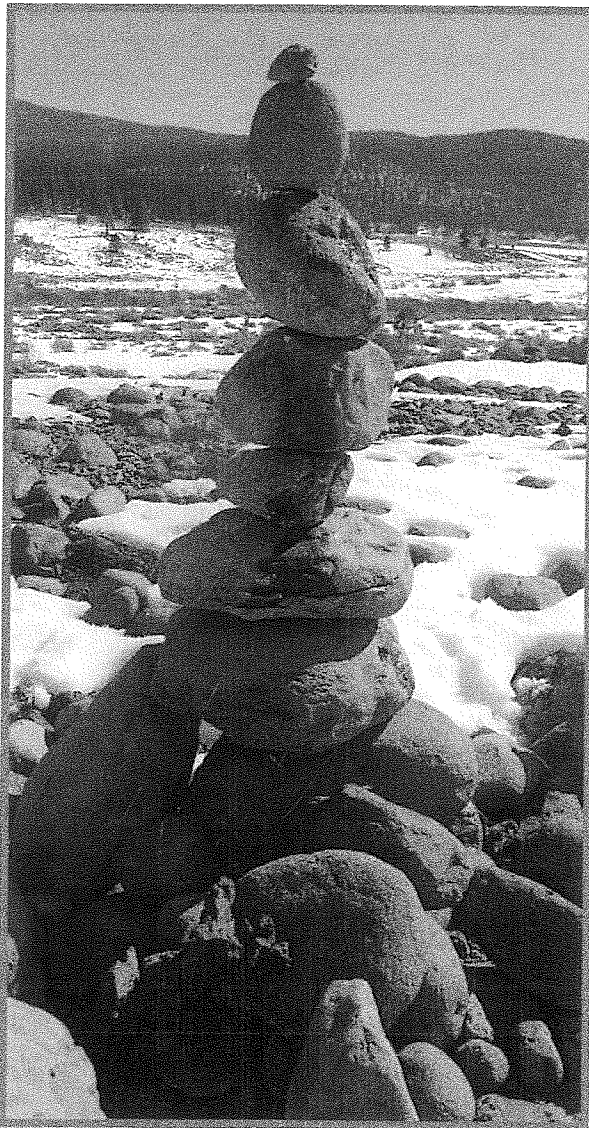


## FIRST MEETING

### Northern California Vestibular Support Group

# A member of the VEDA Support Group Network



**D**o you experience **dizziness, imbalance, vertigo, or ringing in your ears**? You may benefit from a vestibular support group.

**S**upport groups offer vestibular patients a safe and nurturing environment where they can connect with others struggling with similar inner ear balance problems, and have the opportunity to share information and personal stories. This forum allows patients to ask questions, discuss, and learn together about vestibular disorders in a non-judgmental and supportive atmosphere. Most importantly, support groups give vestibular patients the chance to find acceptance and discover ways to cope and manage what is too-often a misunderstood and devastating "invisible" illness.

#### Location

The Rose Center Physical Therapy  
3278 Bechelli Lane  
Redding, Ca

Please take flyer with sign up  
information.

#### Date/Time

May 20th  
6:00pm

#### Topic

VEDA as a resource

Value of a support  
group

Future topics