



# Defeating Dizziness

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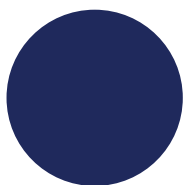
## Self-Care

9 Drink • Eat • Rest

9 Slow Down!

when dizziness can catch you of guard. Take your time and be sure

9 Stay Cool



## Hold On

9

hold onto

9

walker or cane

## The Eyes Have It

9

prescription glasses for distance

9

reading glasses

take them of

9

focus your eyes on a stable object

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We Can Help