

Defeating Dizziness



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

We Can Help