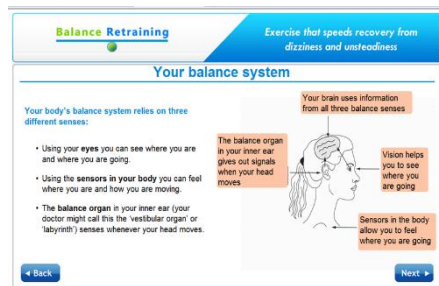
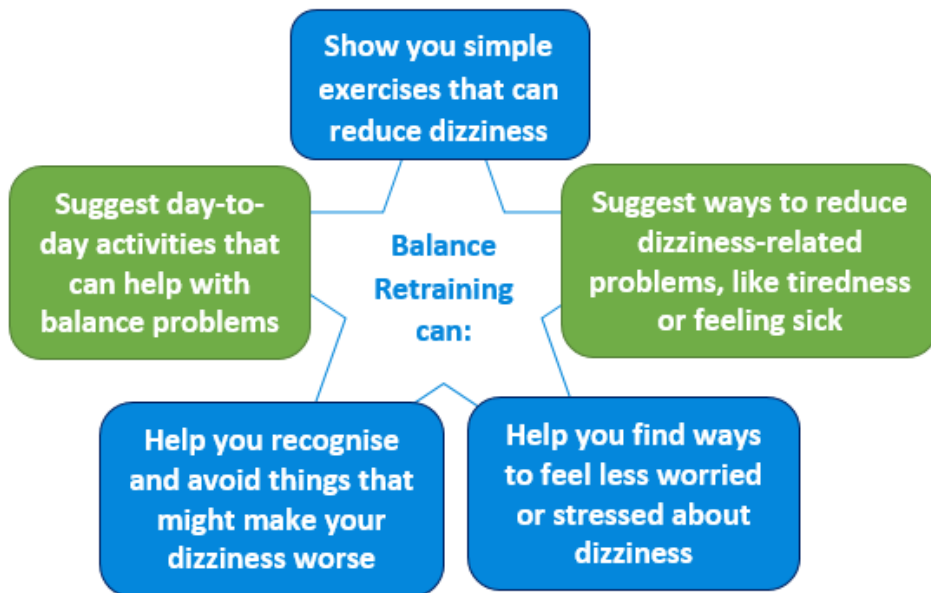


What is Balance Retraining?

Balance Retraining is an easy to use, interactive website designed to help with dizziness.



Does Balance Retraining work?

Yes! A recent research study of nearly 300 people with dizziness showed that those who used Balance Retraining had significantly less dizziness after 3 and 6 months, compared to those who didn't use it.

What do previous Balance Retraining users think?

“Well, it’s so helpful. [...] to my mind it’s absolutely wonderful, that’s why I have every intention of carrying on, it really, really has helped.” (Female, Aged 57)

“the online format is very easy. It’s very easy to pick up, broken down into sessions and it is very easy to deal with.” (Male, Aged 66)

How do I use Balance Retraining?

Balance Retraining has been designed to be easy for you to use in your own home and gives step-by-step instructions on each page as you go along. To get started, all you need to do is:

1. Follow the link below to the website:

<https://balance.lifeguidehealth.org>

It is important to type this into your internet browser (e.g. Internet Explorer, Firefox, Chrome, Safari) address bar (**not** Google search).

2. When you see the first page click

Sign up

3. Follow the instructions on each page, using the blue buttons (see below) to move through the website.

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