

## Committing to Balance

An online course to further vestibular recovery from the comfort of your home

### What is it?

An e-course by Clinical Health Psychologist & fellow vestibular warrior, Dr. Kostelnik

- Evidence-based video education
- Guided skills-building exercises and worksheets
- Unlimited access to course materials
- Invitation to a private forum with other students and Dr. Kostelnik

### This course is for you if you...

- Experience persistent dizziness and/or vertigo
- Feel you've "tried everything" and that there's a missing piece from your treatment
- Have difficulty doing the things that are most important to you in your life
- Feel your symptoms are negatively impacting your mood

### Course Themes

Our holistic approach includes:

Medical  
Diagnoses &  
Navigating  
Insurance

Physiological  
& Therapeutic  
Techniques

Lifestyle,  
Behavior &  
Social Support

The Power &  
Potential of  
Neuroplasticity

- ✓ Get back to doing the things that are most important to you
- ✓ Feel confident seeking medical diagnoses and opinions
- ✓ Think differently about your symptoms
- ✓ Discover a positive outlook on your future
- ✓ Master tools to reduce symptoms & manage those you have

## THRIVE.