



Dear Family, Friends, Patients and Community,

WE honor and value your time. Therefore if you wish to unsubscribe, please do. However, we ask that you read this email in its entirety before doing so because the next chapter of our journey has a lot to do with each of us since we have crossed paths at some point!

Just a reminder of what we do...

Florida Balance Centers (FBC) /
Acupuncture and Integrative Medicine (AIM)

We specialize in Inner Ear Problems
(Vertigo, Dizziness, & Balance) & (Pain Management)



Insurance & Sliding Scale!

DON'T LET □ GET IN YOUR WAY OF HEALING!

Visit us at: Balancecenters.com

CALL ☐ TODAY TO GET MORE INFORMATION!
954.987.7077

WATCH ☐ our 3 part health series on how to avoid
Inner Ear and Pain Management problems
while moving towards
OPTIMAL HEALTH ☐

[CLICK HERE!](#)

Today let's learn about...

***TIPS FOR DRIVING FATIGUE WHEN HAVING
AN INNER EAR CONDITION...***



Recently, Tom and I took a road trip to the Keys ☐

On our return home, I was driving and experienced some vestibular symptoms such as dizziness, woozy, light headiness, and slight nausea ☐

We pulled over and decided to rest, grab a bit to eat before continuing our drive back home ☐☐☐

As we were resting Tom showed me some exercises and we decided to share them with you incase you ever experience the same thing 😊

Note: This information is for educational and entertainment purposes only! Applying these tips are at your own risk ☐

For more information visit our website where you will find more tips and great resources on helping you with your vestibular and pain management needs ☐

- Balancecenters.com or on our online program WuziVertigo.com

Here's to healing! ☐

Written by:

Thomas Patullo, AP, OTR

Alla Esther Levy EIS, MSH



We thank you for your loyalty and trust... We are here to serve when you need us!

When you know better, you do better, what you resist persist, and we learn by doing!

--Thomas Patullo, OTR, AP

When you know and understand yourself the world will know and understand you too, and remember, what's the best that can happen?
-- *Alla Esther Levy, EIS, MSH*



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