I woke up one morning very dizzy off and on during the day. This went on for about 2 weeks. I decided to go to urgent care. They said it was vertigo. So, they gave me medicine for dizziness and made an appointment for me to go to BalanceMD to see Dr. Sanders. He ran a test and said that they could help me. My brain on the left side was not functioning right. So, then I did 6 weeks of therapy with Stephanie Ford. It has helped me so much with my balance and walking now without my walker or cane. I feel so much more stable.

**Connie Whitlock**