



**Durham Deafened Support (DDS)**

## **Do You suffer from Tinnitus ?**

**There is a 6-week course starting in Peterlee**

**Thursday 11<sup>th</sup> May 1:30 to 3pm**

Is tinnitus getting the better of you?

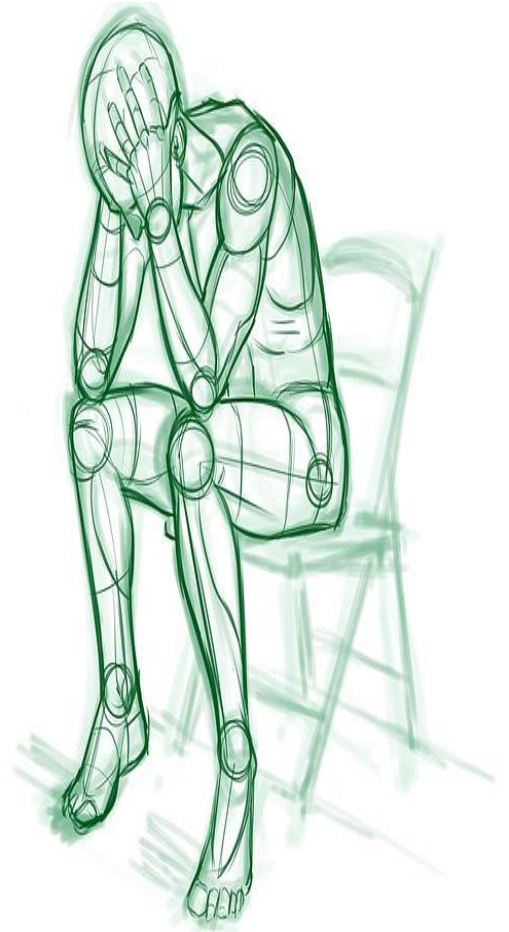
Do you feel like nobody understands?

Is tinnitus affecting your life?

Are you having trouble sleeping

### **Find out about :**

- The cause of Tinnitus.
- What makes symptoms worse.
- Equipment that may help.
- Alternative therapies.
- Coping with stress



**To book a place contact us at**

**14 Upper Yoden Way Peterlee ,Co. Durham SR81AX**

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**LOTTERY FUNDED**

