



Media Release

Kingston Frontenac Public Library
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Learn about our underappreciated sixth sense: the vestibular system

Buried deep in the skull and producing no recognizable sensation, the vestibular system is easily overlooked. However, these complex organs of the inner ear contribute to a wide range of critical tasks from balance to vision to cognition. As the first session in Kingston Frontenac Public Library's Health Compass series, physiotherapist Dougal Bale will be introducing the anatomy and function of this marvellous system.

The Vestibular System: Our Underappreciated Sixth Sense is an online talk, Mar. 9 at 6:30 p.m. During the session Bale will also discuss common vestibular disorders and dysfunctions that can produce dizziness, vertigo, visual disturbance and imbalance.

"Our region is so fortunate to have the extensive healthcare community that it does," said Jake Miller, Librarian, Adult Programming. "The vestibular system receives so little attention yet is essential to how we move our bodies from point A to point B. Having a local specialist speak on the topic is a unique opportunity to learn about this system and become proactive in its maintenance."

Register online at <https://calendar.kfpl.ca/event/6075178> or over the phone at 613-549-8888.

Up next in the Health Compass series: join Allison De La Lis of the Kingston Ear Institute for a presentation on hearing loss and rehabilitation, Mar. 30 (<https://calendar.kfpl.ca/event/6138547>) or Apr. 21 (<https://calendar.kfpl.ca/event/6252870>) at 6:30 p.m.

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