

HEALTHY HEARING NOW

SEPTEMBER 2026 NEWSLETTER



HAVE YOU HEARD?

Your ears can actually help you stay balanced!

Deep inside your inner ear is the vestibular system, which helps your brain understand your body's position and movement. It works together with your eyes and muscles to help you stay upright and know which way you're moving.



HEARING HEALTH NEWS

AI Is Changing Hearing Aids

Hearing aids are getting smarter! Today's advanced hearing aids use artificial intelligence (AI) to analyze sounds around you and distinguish speech from background noise. This can make conversations easier to follow in challenging environments like restaurants, family gatherings, church, and other busy settings.

New AI technology is helping hearing aids automatically adapt to changing environments, providing a more natural and comfortable listening experience.

The future of hearing is here—and it's smarter than ever!

NEW TECH ALERT!



📞 757-431-1999

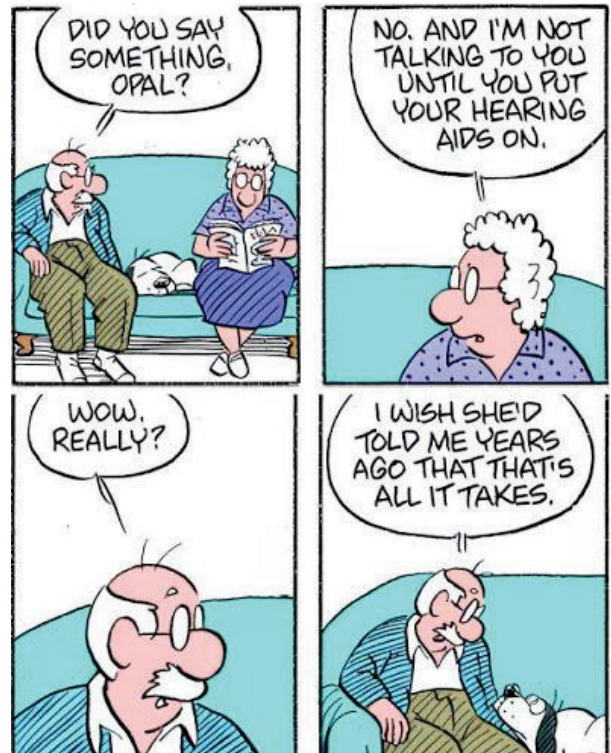
📍 2648 Virginia Beach Blvd.
🌐 [HealthyHearingNow.com](https://www.HealthyHearingNow.com)

**Visit our website for
resource videos and
informative blogs!**



Ready to Upgrade?

**Ask about an in office demo of
the Oticon Reveal or Phonak EON
during your appointment!
Or call us at (757) 431-1999.**



HELPFUL TIP

If you have hearing aids, consistency matters. Wearing them throughout the day gives your brain more opportunities to adjust to sounds and can make listening feel more natural over time.

Tip: Try putting your hearing aids on as part of your morning routine and keep them in until your day is done—except when you're sleeping, showering, or in situations where they shouldn't be worn.