



**PRESS RELEASE
FOR IMMEDIATE RELEASE**

Get ready for National Essential Tremor Awareness month!

This March is National Essential Tremor Awareness month and the National Tremor Foundation is inviting you to get involved!

Throughout March 2021 the National Tremor Foundation (NTF) will again raise awareness of this little known condition called essential tremor (ET), a common movement disorder.

The National Essential Tremor Awareness (NETA) month will see the NTF hold various online meetings via Zoom with the aim of raising awareness, offering interesting discussions, friendly meetups and talks by speakers on essential tremor.

The NTF

The National Tremor Foundation is a neurological disorder charity which represents over 1 million people in the UK. The NTF aims to provide help, support and advice to all those living with all forms of tremor irrespective of age.

Essential Tremor

Essential tremor is the most common movement disorder. It causes parts of the body to move in an uncontrolled and repetitive manner, most commonly affecting the arms and hands.

NETA

National Essential Tremor Awareness (NETA) month was started by the International Essential Tremor Foundation (IETF) in the USA to raise awareness of Essential Tremor and has since been growing internationally from strength to strength since.

Find out more about National Essential Tremor Awareness month
www.tremor.org.uk/neta

We look forward to seeing you in March.

NOTES TO EDITOR:

1. The National Tremor Foundation (or NTF as we are known) is an organisation where we aim to provide help, support and advice to all those living with all forms of tremor irrespective of age.
2. The NTF was founded by Professor Leslie Findley (UK) and the late Professor William Koller (USA) in the two countries simultaneously in 1992. Subsequently, in 1994, the NTF became a separate registered charity in its own right (Charity No: 1042013).

PRESS CONTACT

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