

In The Know

March 2023



Tips to keep spring allergies at bay

Sneeze, cough, scratch — repeat. Pesky allergy symptoms can affect your daily life. Try incorporating these quick tips to keep congestion and watery eyes at bay. And if you need treatment, walk right into your neighborhood CityMD.

[Learn more](#)



How to prevent UTIs

[Learn more](#)



Stomach pain red flags

[Learn more](#)

Wellness Snapshot

More than a third of adults in the U.S. do not get enough sleep. Good shut-eye is essential to your continued health and wellness. Improve the quality of your slumber with our better sleep checklist.

Tips for Better Sleep



- ✓ Stick to a schedule.
- ✓ Turn off electronics.
- ✓ Stay active during the day.
- ✓ Avoid caffeine after 3pm.
- ✓ Do not work in bed.
- ✓ Have a bedtime routine.



Now open!

Feeling sick? Have an injury? Need a shot or test? Our new locations are ready for patients. Just walk in. No appointment needed.

[Chelsea](#)
[Middletown](#)

Resources on the go



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