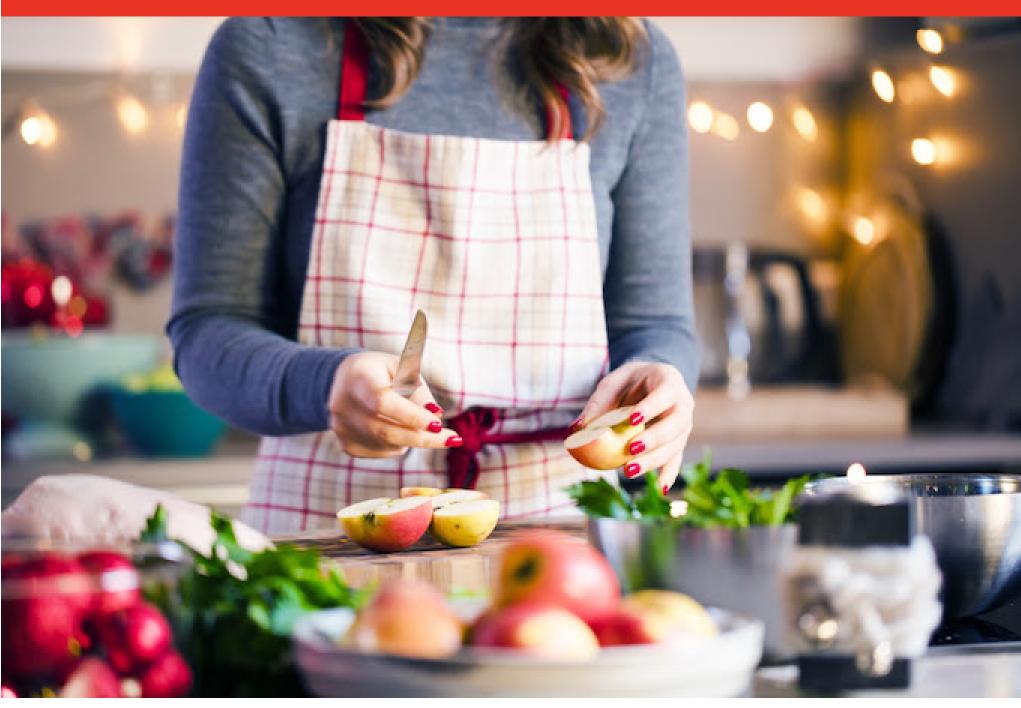
## CITYMD

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In This Issue:

A Healthy Holiday Season 
 Physicals for Kids
 The Lowdown on Headaches 
 Doctor-Recommended New Year's Resolutions



Manage Your Health to Enjoy the Holidays

No matter how or where you celebrate it, the holiday season often brings a lot of tension and other negative effects to one's health. Read on for our tips to enjoy the season and start next year on a healthy and positive note.

## Learn More



The Importance of Annual Physicals for Children



Headaches and How to Treat Them



New Year's Resolutions a Doctor Would Recommend

## Need a doctor? Just walk in.

