

# UPTOSPEED

In This Issue:

- ◆ COVID-19 Booster Info ◆ Fall Allergies
- ◆ Physical Therapy Benefits ◆ The Truth About Metabolism



## Making Sense of COVID-19 Booster Recommendations

On September 23, the Centers for Disease Control and Prevention (CDC) officially recommended a booster shot for Pfizer COVID-19 vaccine series recipients age 65 and older, those between 18 and 64 who are at high risk for severe COVID-19 due to underlying conditions, and those 18-64 with frequent institutional or occupational exposure to the virus.

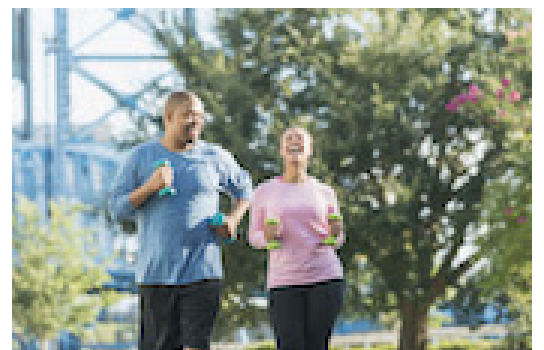
[Learn More](#)



**How to Get Through the Fall Allergy Season**



**The Importance of Physical Therapy**



**The Truth About Metabolism**

**Need a doctor? Just walk in.**

[Find a CityMD](#)