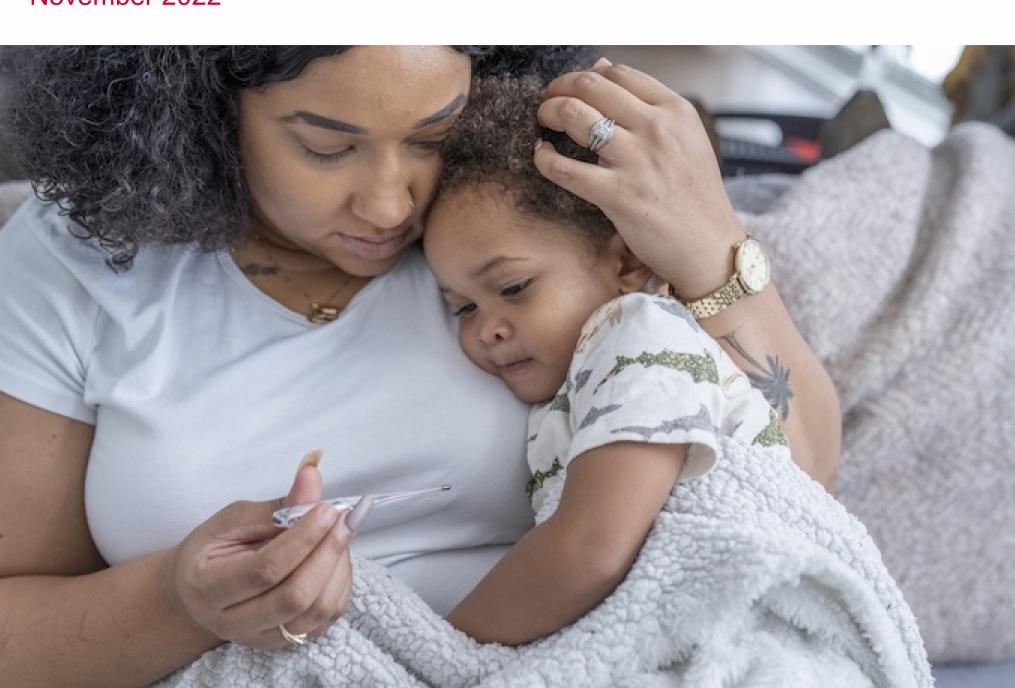


In The Know

November 2022



Why is RSV on the rise? What parents should know

Cases of RSV, a common respiratory illness, are surging in the U.S. For many, it's a simple cold that comes and goes. But some kids are more susceptible to severe disease than others. At CityMD, we've got you covered. Walk into your local urgent care for a convenient and timely evaluation.

Learn more



The scoop on overuse injuries

Learn more



Can stress give you a rash?

Learn more

Wellness Snapshot

Kindness changes everything. It can even make you healthier.

Practice one random act of kindness each day.



- 1. Hold the door open for another person.
- 2. Help someone who is struggling to carry several items.3. Check-in on individuals who are going through a hard time.

Learn more

Resources on the go



