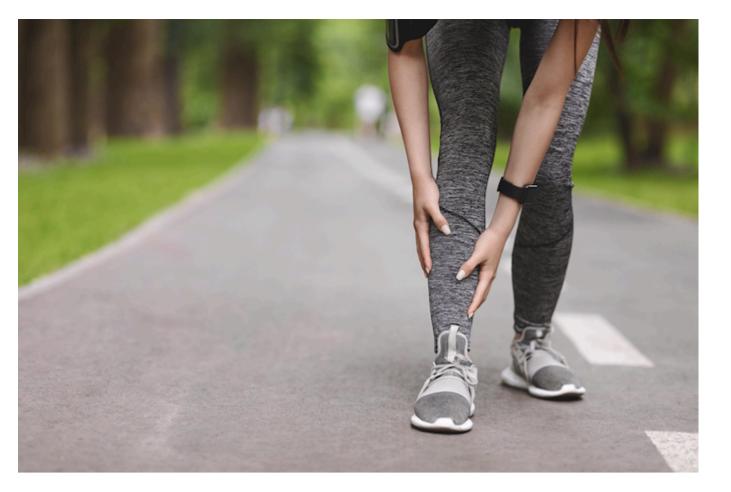


In The Know

April 2024

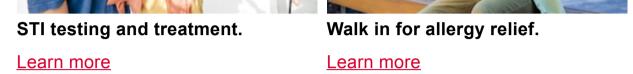


What are shin splints?

Shin splints can become a real hurdle in your fitness journey. Learn how to prevent and treat this painful condition that affects your shinbone, and is often a result of overuse.

Learn more





You can now make an appointment at CityMD.

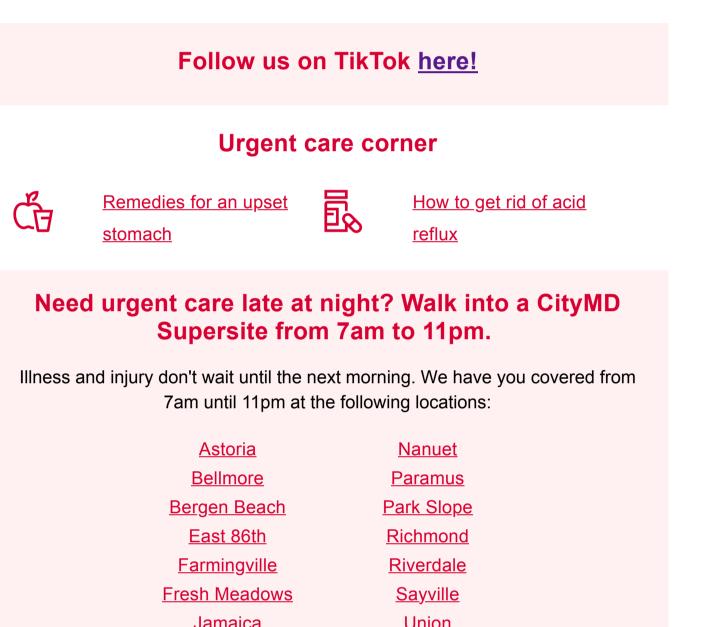
Ready for a hassle-free visit? Walk in or book ahead of time, whichever is more convenient. Save time by selecting an appointment time. It's quick and easy.



When was your last checkup? Having an annual physical can help prevent future health problems. If you are due for a checkup or need a primary care physician, schedule a visit at our care partner Summit Health today.



Learn more

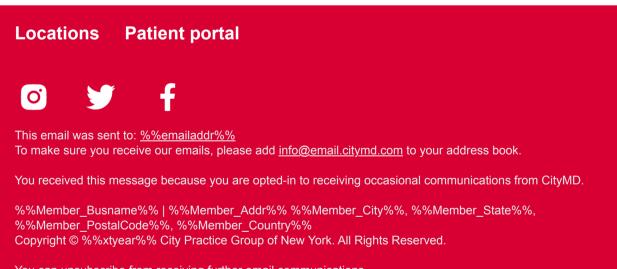


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