

In The Know

October 2022

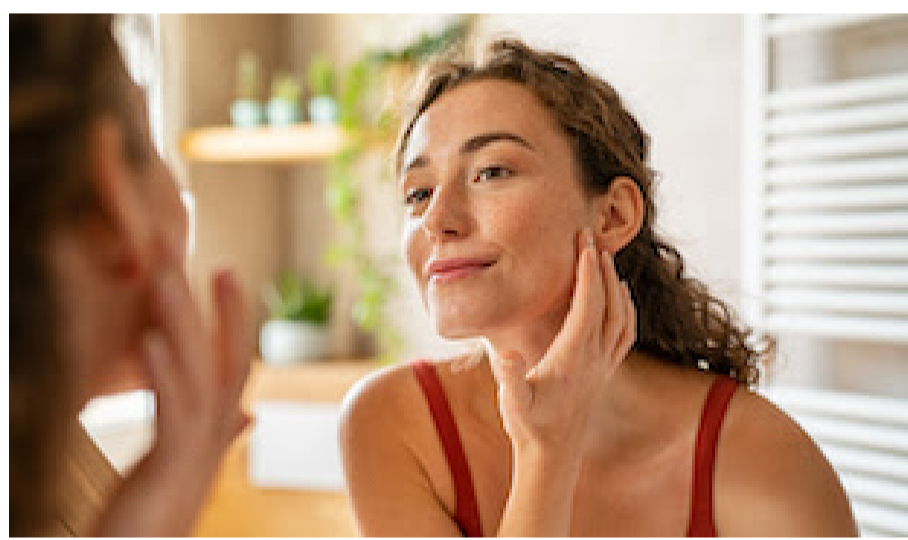
Editor's note: Come explore our [new look](#).



10 Ways to Make Your Spine Happy

Your spine supports everything you do. But sometimes things get out of tune. Lower your risk of back and neck pain with these tips.

[Learn more](#)



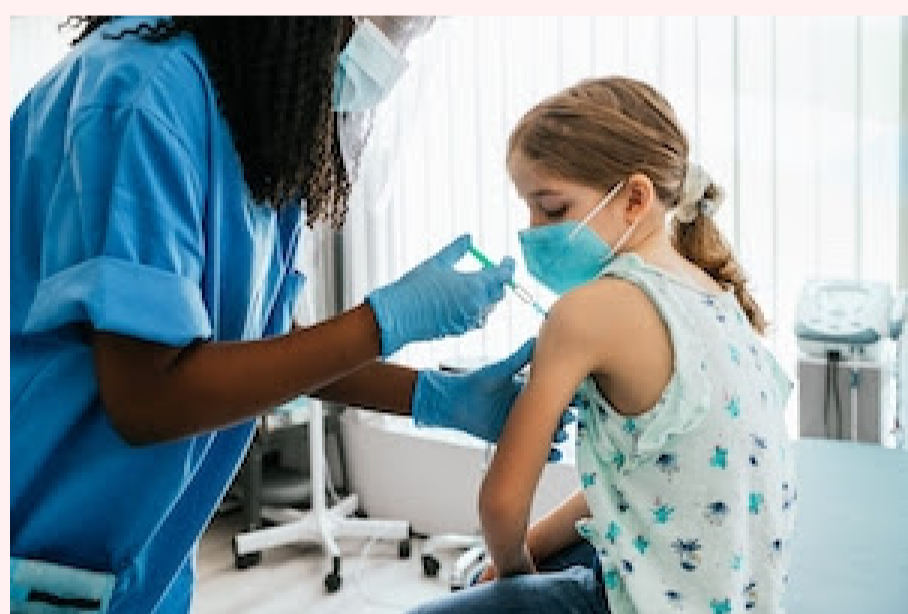
What are Skin Tags?

[Learn more](#)



Swollen Lymph Nodes 101

[Learn more](#)



Need a flu shot?

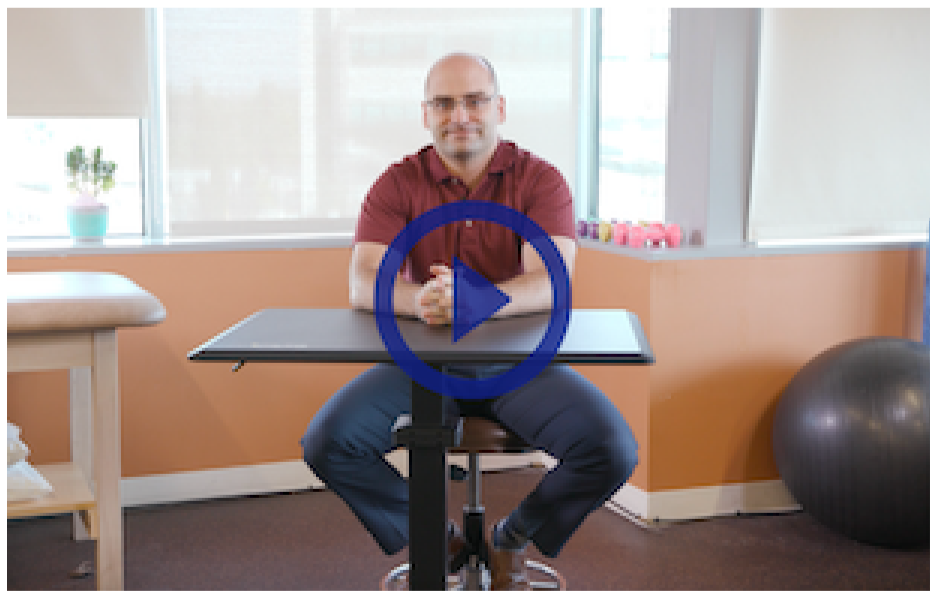
CityMD has you covered. Just walk into any location and get your annual vaccine. No appointment necessary.

[Learn more](#)

Wellness Snapshot

Do you sit at a desk all day?

This one-minute stretch can give your back some relief.



Resources on the go



[Summit + CityMD app](#)



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