## Thrive A Summit Health Publication October 2021



COVID-19 Booster Info | Fall Allergies Physical Therapy Benefits | 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.

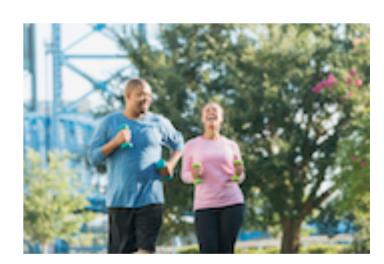
Learn More



How to Get Through the Fall Allergy Season



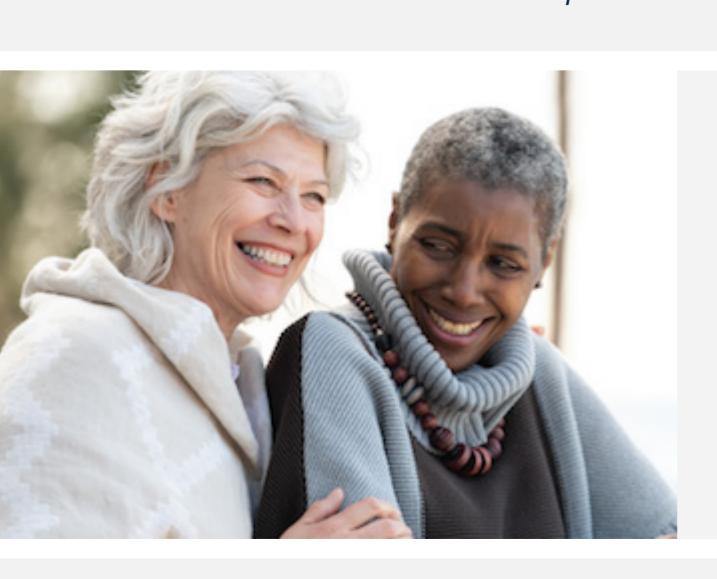
The Importance of Physical Therapy



The Truth About Metabolism

"This is a team of amazing, caring people. I'm 31 with breast cancer and couldn't have made it through if it wasn't for this team... Thank you, <u>Dr. Diana Addis</u> and team and <u>Dr. Peter Hyans</u> and team. I'll forever be grateful to you all for saving my life."

~Summit Health Breast Care Center patient



## Mammograms Save Lives.

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Comments or Questions?





