

## By Your Side

Winter 2026



### Menopause & Wellness Center Supports You Through Life's Transitions

Navigating menopause can be challenging, but you don't have to do it alone. We offer specialized care and personalized support for every stage of your journey. Read about our new Menopause & Wellness Center.

[Learn more](#)



### Understanding Diverticulitis and How to Get Help

[Learn more](#)



### Asthma 101: What You Need to Know

[Learn more](#)

**Move better. Feel stronger. Live better.**  
**We'll get you back to doing what you love.**



At Summit Health, we're committed to helping you live life to the fullest. Our orthopedic team is here to support you every step of the way. Check out this quick video to see how we can help you recover fully and safely.

[Watch now](#)

[Book an appointment today](#)

### Check out our free virtual webinars.

Do you want to learn about important health topics? Tune in live or watch the recordings of our educational webinars at the link below. From menopause wellness to gut health to knee and foot pain, our specialists tell you what you need to know to get back into action.

[Learn more](#)

### We are always *By Your Side*.

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