



Happy Healthy HOMES

TOOLKIT

#CityMD

 **CITYMD**
NEW YORK'S URGENT CARE

ROMIO

citymd.net
romio.com

WHO WE ARE

ROMiO



CityMD is the premier New York urgent care practice. Our board-certified Manhattan physicians provide prompt, professional medical care to adults and pediatric patients without the need for an appointment or referral. Our Manhattan medical facilities are safe, clean and state-of-the art, with extended and weekend hours for your convenience.

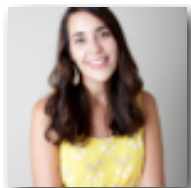
ROMiO

Romio is a neighborhood focused social network. Facebook is for your friends, LinkedIn is for your colleagues, Romio is for your neighborhood. Neighborhoods have so much to offer from local artisans and freelancers to small shoppes. Start connecting and discovering neighborhoods on Romio by simply asking a question or making a recommendation.

“We want people in NY to feel better, get healthier and live a better life. We may only be a small part of their lives, but we want to be a positive force in changing their health habits. Of course just being able to help them for their immediate medical needs is important, but we want to be an agent of change in people living their lives to the fullest.”

Calvin Hwang
Chief Brand Officer
CityMD

This starts at home, with families, with mothers, with **you**.



It's no secret that we all come from different walks of life. Our families have different needs. We have busy schedules. But at the end of the day, we're just trying to build happy & healthy homes and set good examples for our children.

Which is why we're ecstatic to collaborate with Sherice, Serena, and Jessica. We want to hear what matters to moms.

Join the conversation by simply going to Romio.com and asking a question. Be sure to tag your question with "CityMD". We'll use your questions as a guide for our panel!

Ask questions, seek advice, discuss issues.

Start the conversation online.

Here are some sample questions:

What are the top 3 common home injuries and how I can treat them?

When would I want to visit an urgent care facility and not an emergency room?

What are 3 things every home should have?

Would you recommend a childhood vaccine schedule?

What are some tips on protecting my family before the flu season?

When should I worry and when should I relax?...

When should I call the doctor?

School lunches, are they healthy?

How can I get my kids to eat more vegetables?

What are some tips to prepare my child before visiting the doctor?

Share it on Twitter & Facebook
Use #CityMD

- **Mommies & #CityMD doctors in 1 room, it's going down. Ask your questions on Romio.**
- **Attn moms! It takes a village... what are some of your most common questions on raising a family? Ask on Romio.**
- **Curious moms + knowledgable #CityMD doctors = great tips. Send in your questions on Romio.**

Stay Connected

Learn more about our panelists.



Who is the BadAssMama? I am a full-time working mother with two kids under the age of six. Shortly after my second child was born, I realized that so many mothers (especially working mothers) go through the same series of anxiety, regret, self-doubt and "forbidden thoughts", but are ashamed to discuss them because they assume it's JUST them. This can create an overwhelming sense of isolation and fear - two things that any busy working mom clearly has no time for, but often finds to be her constant companions. So, I started The BadAssMama Chronicles. In it, I speak the raw, honest, uncensored, funny-because-it's-funny and funny-because-it's-true truth about being a working mother. [@TheBadAssMama](#)

Mama Goes Natural

A writer and mom of two, Serena Norr is the Managing Editor of Momtrends and the Brooklyn Community Manager at Red Rover. She is also the creator of Seriously Soupy, a website devoted to soup making where she has also given soup tours, hosted soup swaps and participated in many soup contests in NYC. Through the website she has made over 100 original soups with plans to sell them in the future. She also loves to write about healthy living, fashion, beauty and lifestyle topics on her blog Mama Goes Natural. She can be reached at [@SeriouslySoupy](#) or [@MamaGoesNatural](#)



I started this blog in May of 2009 as a way to keep in touch with family when we moved from the Bay Area of California to Manhattan. My husband is attending NYU Dental School, and we have two children; Jack (Bubba) is 3 and Zoe (Birdie) is almost 2. I blog about our adventures around the city and how we are adjusting. [@MommasGoneCity](#)

KEEP IN TOUCH

ROMiO

Let's get social



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facebook.com/theromio



@yourromio

THANK YOU

ROMiO

We can't wait to get the conversation started with you!

Any questions or concerns can be sent to
Rechelle Balanzat at rechelle@romio.com