

By Your Side

Your Community Health Newsletter

630 Commons Way • Bridgewater, NJ 08807
973-587-8000 (main) • 833-444-0064 (orthopedics)



Foods to Avoid for Heartburn Relief.

Ever feel like your meals are fighting back? Certain foods are more likely to trigger gastroesophageal reflux disease (GERD). Our Bridgewater specialists can teach you how to keep your favorite dishes on the menu.

[Learn more](#)



How to Prevent Spring Sports Injuries.

[Learn more](#)



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[Learn more](#)

Go with Summit Health Bridgewater!

- Primary care and specialists in 10 areas of medicine
- Suite dedicated to physical and occupational therapy services
- Full laboratory and advanced diagnostic imaging services
- Free parking in front of facility

[Learn more](#)



Join us for a complimentary virtual webinar

Getting Back into Action: Your Guide to Hip Pain
Thursday, May 22, 12:00 pm – 12:45 pm ET

[Sign up!](#)

Need care right away? No problem.

Summit Health and CityMD are one care team. Walk in or book a visit at our urgent care location in Raritan, located down the road from our Bridgewater location.

[Book now](#)

We are always *By Your Side*.

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Resources on the go



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Providers Services Patient portal



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