



21 Water Street, 2nd Floor - Amesbury, MA 01913

PHONE: 978-834-0341 FAX: 978-834-0343

DIRECTIONS TO THE WAY TO BALANCE, LLC CENTER

From Worcester, Lowell and Andover, MA and Salem, NH Area:

- 1) Route 495 North to Exit #55 (Rte. 110 East toward Salisbury/Boston and Rte. 95 South)
- 2) Bear right onto Rte. 110 and proceed 0.6 miles
- 3) TURN LEFT onto Elm Street at the 2nd full traffic light (Sunoco Gas Station is on the left)
- 4) Continue on Elm St. for 1.6 miles toward downtown Amesbury
- 5) Very shortly past 2 gas stations, as you come up an incline, take a sharp LEFT onto Water Street (there is a blue "Municipal Parking" sign and arrow also indicating this turn, as well as Jade III Chinese Restaurant).
- 6) Proceed to the municipal parking lot (Free parking) on the left*
- 7) The Way to Balance is in the 2nd large red brick mill building on right, with "CARRIAGE MILLS" on a sign at the entry lobby
- 8) Proceed through the small lobby to the elevator and go to the 2nd floor
- 9) After exiting the elevator alcove, turn left and our Center is at the end of the hallway

***WHEELCHAIR ACCESS:** Be sure to park in the LOWER level (the second entrance), because the wheelchair path goes directly to the building from the lower level

From Boston, Western and Southern Suburbs and North Shore, MA Areas:

- 1) Route 95 North to Exit #58B (Rte. 110 West/Amesbury)
- 2) Follow the exit ramp onto Rte. 110, TURN RIGHT at the 1st traffic light (at the Sunoco Gas Station) onto Elm Street
- 3) Follow the direction steps (4) – (9) above

From Portsmouth, NH and all points in Maine:

- 1) Route 95 South to Exit #58 (Rte. 110 West/Amesbury)
- 2) Turn LEFT onto Rte. 110 West, TURN RIGHT at the 1st traffic light (at the Sunoco Gas Station) onto Elm Street
- 3) Follow the direction steps (4) – (9) above

From Manchester, and northern NH, Vermont and Canada:

- 1) Take Route 93 to Exit 7, Rte. 101/Rte. 33 East toward Portsmouth and Epping, NH
- 2) Exit at Route 95 South and follow Route 95 South to Exit #58 (Rte. 110 West/Amesbury)
- 3) Turn LEFT onto Rte. 110 West, TURN RIGHT at the 1st traffic light (at the Sunoco Gas Station) onto Elm Street
- 4) Follow the direction steps (4) – (9) above

From Western MA, Connecticut, Albany and New York City, NY Areas:

- 1) Depending on your location, Rte. 84 East may be your best access to Rte. 90
- 2) Take Mass. Pike/Rte. 90 East to Exit 10—Rte. 290 toward Worcester
- 3) Take Rte. 290 all the way to Rte. 495 North
- 4) Follow steps (1) – (9) above

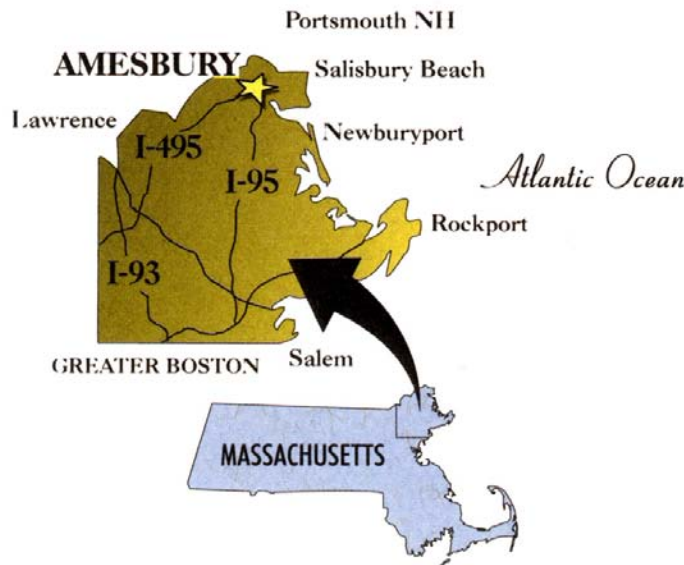
AIRPORTS:

MANCHESTER/BOSTON REGIONAL AIRPORT:

Manchester, NH Travel Estimate: 54 minutes / 43 miles (Source: MapQuest.com)

LOGAN INTERNATIONAL AIRPORT:

Boston, MA Travel Estimate: 55 minutes / 40 miles (Source: Mapquest.com)



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| Boston | 38 miles | Portland, ME | 70 miles |
| Lowell, MA | 32 miles | New York City | 253 miles |
| Portsmouth, NH | 20 miles | Montreal | 318 miles |