



**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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 2<sup>nd</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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

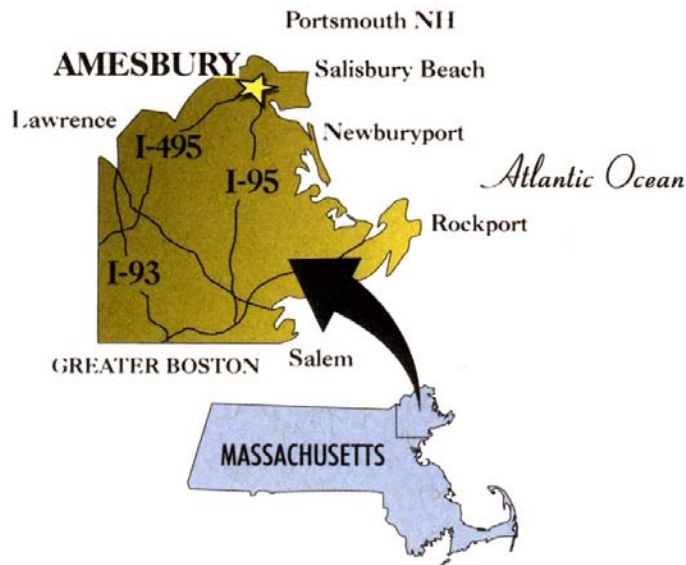
**AIRPORTS:**

**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)**



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