



## MAP & DIRECTIONS



**Westchester, NY / Connecticut:** Take Hutchinson River Parkway South and continue onto I-678 South. Take exit 12B for I-495 West / Long Island Expressway toward Midtown Tunnel. Merge onto I-495 West continue onto Long Island Expy / Queens Midtown Tunnel. Turn left at E 34th Street. Take the first right onto 2nd Avenue. Turn left at E 14th Street. Our center will be on your right.

**Long Island / Brooklyn / Queens:** Take the I-495 (Long Island Expressway) towards I-495 W/ New York . Merge onto Expressway Drive North. Continue onto Long Island Expressway / Queens Midtown Tunnel. Turn left at E 34th Street. Take first right onto 2nd Avenue. Turn left at E 14th Street. Our center will be on the right.

**New Jersey:** From I-95 (New Jersey Turnpike) take exit 7A and continue onto I-95 North. Take exit 13 to merge onto I-278 East toward Goethals Bridge / Verrazano Bridge. Take exit 29A to merge onto Manhattan Bridge. Continue onto Chrystie Street. Turn right at E Houston Street and then left at Allen Street. Continue onto 1st Avenue. Turn left at E 14th Street. Our center will be on your right.