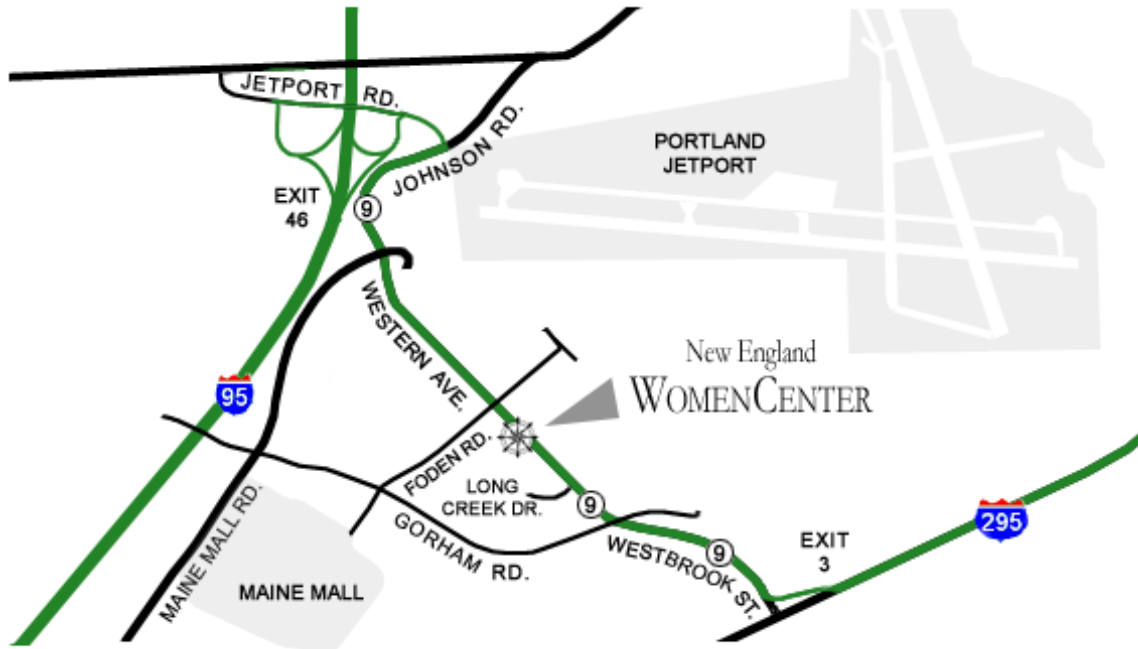




260 Western Avenue
South Portland, ME 04106
(207) 761-4700



- **Directions from Portland:**
 - Take I-295 South to exit 3.
 - Off exit ramp, turn right on Westbrook St/Route 9. Stay in the right hand lane.
 - At second light, turn right on Western Ave/Route 9.
 - After Long Creek Dr., turn left into the driveway marked Holistic Health Services.
 - We are located in #260, the last building on the right.
- **Directions from the Maine Turnpike:**
 - Take I-95 to exit 46.
 - Off the exit ramp, turn right on Jetport Road.
 - At the light, turn right on Johnson Road/Route 9. Johnson Road becomes Western Ave.
 - After the light at Foden Rd., turn right into the driveway marked Holistic Health Services.
 - We are located in #260, the last building on the right.
- Free parking is available next to our building.