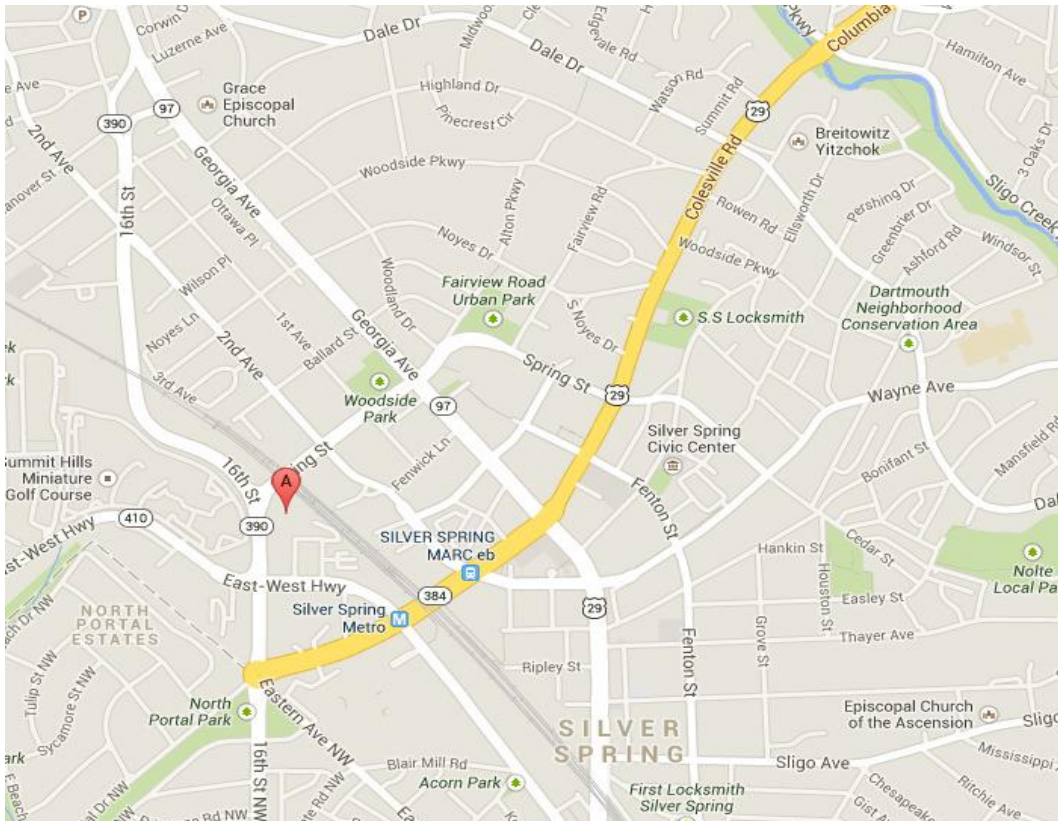


The Spectrum Center for Natural Medicine

8555 16th Street, Suite 402 • Silver Spring, MD 20910
301-565-2700 • www.healingspectrum.com



Walking Directions from the Silver Spring Metro Station (Red Line):

Walk south on Colesville Road toward East-West Hwy. Take a right on East-West Hwy. (heading west). Take a right on 16th Street and building 8555 will be on the right on the corner of 16th St. and Spring St.

Driving Directions:

From West or North of Silver Spring: Take the Capital Beltway (I-495) to Exit 31 - Georgia Avenue (Rt. 97) - South towards Silver Spring and Washington, D.C. Take a right on 16th Street. At East-West Hwy. make a u-turn back onto 16th St. Building 8555 will be on the right and is on the corner of 16th St. and Spring St.

From East or North of Silver Spring: Take the Capital Beltway (I-495) to Exit 30 - Colesville Road (Rt. 29) South. This exit is marked Silver Spring. After entering downtown Silver Spring, take a right turn on East-West Hwy. (Rt. 410) (heading west). Take a right turn on 16th Street. Building 8555 will be on the right and is on the corner of 16th St. and Spring St.

From Chevy Chase, Bethesda, and Upper Northwest Washington, D.C.: Travel east on East-West Hwy (Rt. 410). Turn left on 16th Street and building 8555 is on the right on the corner of 16th St. and Spring St.

Parking is FREE ~ in the lot adjacent to building 8555.