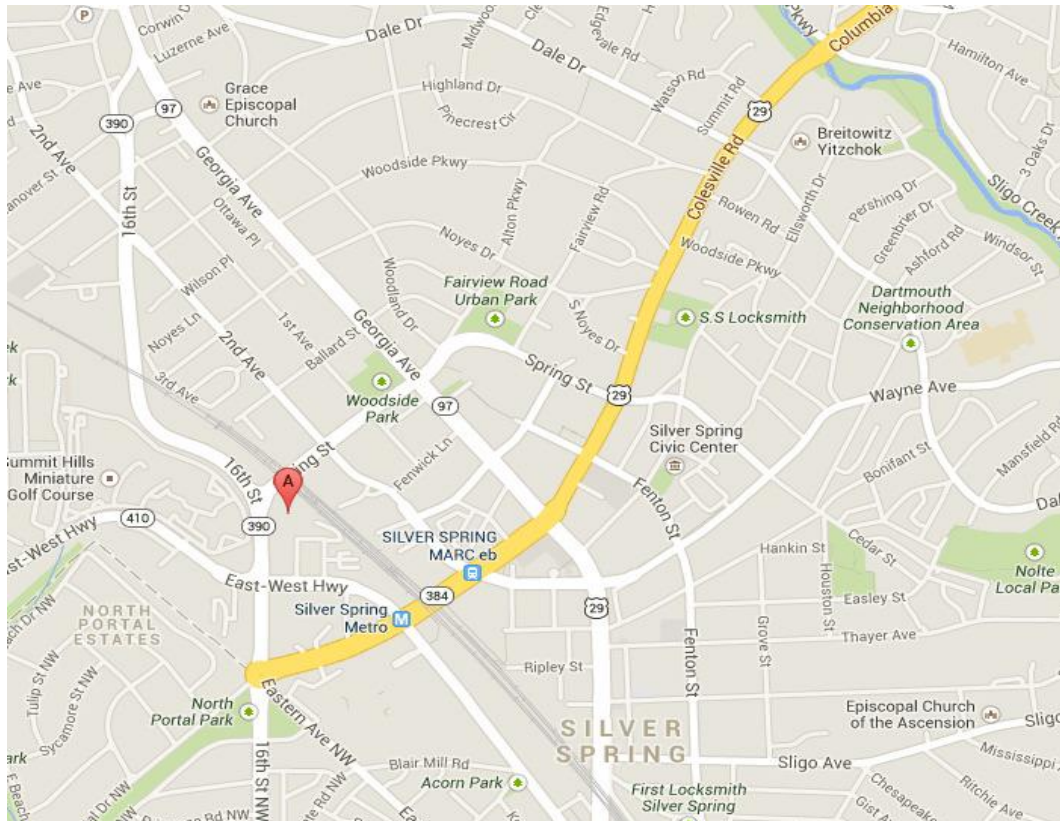


# The Spectrum Center for Natural Medicine

8555 16th Street, Suite 402 • Silver Spring, MD 20910  
301-565-2700 • [www.healingspectrum.com](http://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 16<sup>th</sup> Street and building 8555 will be on the right on the corner of 16<sup>th</sup> 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 16<sup>th</sup> Street. At East-West Hwy. make a u-turn back onto 16<sup>th</sup> St. Building 8555 will be on the right and is on the corner of 16<sup>th</sup> 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 16<sup>th</sup> Street. Building 8555 will be on the right and is on the corner of 16<sup>th</sup> 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 16<sup>th</sup> Street and building 8555 is on the right on the corner of 16<sup>th</sup> St. and Spring St.

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