



## FAMILY WELLNESS CENTER

A Natural Approach to Wellness

100 Great Oaks Boulevard, Suite 106  
Albany, New York 12203 • Phone: 518-464-3611

## Directions

### FROM DOWNTOWN ALBANY:

- Head West on Rt. 20 (Western Ave.)
- Go **past** the entrance to Stuyvesant Plaza
- Go **under** overpass and get in **left** lane
- Take a **left** on to **Church Road** at the light
- Continue from directions at **bottom** of page\*\*\*

### FROM THE NORTH:

- I-87 South to the end (Rt. 20 exit, Western Ave.)
- Take a **right** at the **light** (Rt. 20-Western Ave.)
- Take a **left** at the 1<sup>st</sup> **light** on to **Church Road**
- Continue from directions at **bottom** of page\*\*\*

### FROM THE EAST:

- I-90 West (not NYS Thruway) to Exit 1 (Western Ave, Rt 20)
- At the **light** (Western Ave, Rt. 20) take a **right** and get into the left lane
- At the first **light** take a **left** on to **Church Road**
- Continue from directions at **bottom** of page\*\*\*

### FROM THE WEST

- I-90 (NYS Thruway) through tolls Exit 24
- Take **Rt. 20 (Western Ave.)** Exit right after tollbooth
- Go to light at **Rt. 20(Western Ave.)** (do **not** go into Crossgates Mall)
- Make a **right** at the light and immediately get into **left** lane.
- Turn **left** at light onto **Church Rd**
- Continue from directions at **bottom** of page\*\*\*

### \*\*\*From CHURCH ROAD

- Take an immediate **left** into Great Oaks Blvd.
- Take your first **left** toward **Bldg. 100**
- Take a **right** to go **behind** Bldg. 100
- Take a **left** into parking lot and back entrance of Bldg. 100
- We are down the hall on the **right, suite 106** (just before Capital Care)

