



NUTRITIONAL COUNSELING

SPORTS NUTRITION

TREATMENT OF EATING DISORDERS

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DIRECTIONS

From the Schuylkill Expressway (I-76) Westbound:

- ❖ Merge onto I-476 S via Exit 331A on the left toward Chester
- ❖ Take the US-30 W exit- Exit 13- toward St. Davids
- ❖ Turn left onto E. Lancaster Ave / US-30
- ❖ After crossing through traffic light @ N. Wayne Ave., office will be on the left (directly across from Rite Aid)
- ❖ Offices at the Old Wayne Library; 110 W. Lancaster Ave., Suite 110
- ❖ Parking lot is just past building
- ❖ Use the East Entrance (2nd entrance)

From Schuylkill Expressway (I-76) Eastbound:

- ❖ Take exit for I-476 S and follow the above directions

From I-476 Northbound:

- ❖ Take the US-30 W exit- Exit 13- toward St. Davids
- ❖ Turn left onto E. Lancaster Ave / US-30
- ❖ After crossing through traffic light @ N. Wayne Ave., office will be on the left (directly across from Rite Aid)
- ❖ Offices at the Old Wayne Library; 110 W. Lancaster Ave., Suite 110
- ❖ Parking lot is just past building
- ❖ Use the East Entrance (2nd entrance)

By Train:

- ❖ Take the Septa R5 (toward Paoli) to the Wayne station (not Wayne Junction)
- ❖ Walk left to N. Wayne Ave.
- ❖ Turn left on N. Wayne Ave. and walk to end of block (to intersection of N. Wayne and Lancaster Ave.)
- ❖ Turn right onto Lancaster Ave.
- ❖ Building is less than one block on the left (across from Rite Aid)
- ❖ Offices at the Old Wayne Library; 110 W. Lancaster Ave., Suite 110
- ❖ Use the East Entrance