

Winchester Natural Health Associates
10 Converse Place
Winchester, MA 01890
781-721-4585 Email: wnha@winchesternaturalhealth.com

How to find us...

From the north taking I-93:

1. I-93 South
2. Take the FELLOSWAY WEST/RT. 28 exit- EXIT 33- toward INCHESTER.
3. Enter rotary, taking (quick) first RIGHT exit onto SOUTH BORDER RD.
4. Follow SOUTH BORDER ROAD 2.21 miles to a traffic signal (5-road intersection). Go STRAIGHT through intersection (SOUTH BORDER RD becomes MT VERNON ST.) Continue down the hill to the next traffic light.
5. At light and another 5-road intersection, proceed straight across, keeping the Town Hall on your left.
6. Take your first LEFT onto CONVERSE PL. just after Fire Station on right.
7. Our building is the tall white and glass building at the end of the block. At end of the block (see China Sky Restaurant on right), turn LEFT, park in our parking lot. If looking at the rear of the building, we are the door furthest to the left up the ramp.

From the north taking I-95/Rt. 128

1. I-95 south.
2. Take Exit 37A for I-93 South toward Boston.
3. Take the FELLOSWAY WEST/RT. 28 exit- EXIT 33- toward WINCHESTER.
4. Enter rotary, taking (quick) first RIGHT exit onto SOUTH BORDER RD.
5. Follow SOUTH BORDER ROAD 2.21 miles to a traffic signal (5-road intersection). Go STRAIGHT through intersection (SOUTH BORDER RD becomes MT VERNON ST.) Continue down the hill to the next traffic light.
6. At light and another 5-road intersection, proceed straight across, keeping the Town Hall on your left.
7. Take your first LEFT onto CONVERSE PL. just after Fire Station on right.
8. Our building is the tall white and glass building at the end of the block. At end of the block (see China Sky Restaurant on right), turn LEFT, park in our parking lot. If looking at the rear of the building, we are the door furthest to the left up the ramp.

(More on next page)

From the south taking I-93:

1. I-93 North toward CONCORD NH.
2. Take the FELLSWAY WEST/RT. 28 exit- EXIT 33- toward WINCHESTER.
3. Bear LEFT over highway, take 2nd RIGHT exit off the rotary onto SOUTH BORDER RD.
4. Follow SOUTH BORDER ROAD 2.21 miles to a traffic signal (5-road intersection). Go STRAIGHT through intersection (SOUTH BORDER RD becomes MT VERNON ST.) Continue down the hill to the next traffic light.
5. At light and another 5-road intersection, proceed straight across, keeping the Town Hall on your left.
6. Take your first LEFT onto CONVERSE PL. just after Fire Station on right.
7. Our building is the tall white and glass building at the end of the block. At end of the block (see China Sky Restaurant on right), turn LEFT, park in our parking lot. If looking at the rear of the building, we are the door furthest to the left up the ramp.

From the south taking I-95/Rt. 128

1. Take I-95 N/MA-128 N
2. Take EXIT 33A (US-3 S) toward WINCHESTER. Travel a total of 3.80 miles passing through Woburn into Winchester (seeing Dunkin Donuts (right), Whole Foods (left), Mahoney's Garden center (right)).
3. At the 2nd traffic light past Mahoney's, turn LEFT onto CHURCH ST. (intersection has Church St. to left, High St. to right).
4. Continue straight through one light.
5. Enter roundabout in the center of town (under the railroad bridge) and take 2nd exit onto MT. VERNON ST. keeping the store BookEnds to your right.
6. Take your first RIGHT onto CONVERSE PL.
7. Our building is the tall white and glass building at the end of the street (see China Sky Restaurant on RIGHT). Turn LEFT to enter our parking lot. If looking at the rear of the building, we are the door furthest to the left up the ramp.

(More on next page)

From the west taking I-495:

1. I-495 N toward LOWELL
2. Take EXIT 35A (I-95 N/MA-128 N/US-3 S) toward BURLINGTON. (12.87 miles)
3. Take EXIT 33A (US-3 S) toward WINCHESTER. Follow US-3 3.8 miles pass through Woburn into Winchester (passing Dunkin Donuts (right), Whole Foods (left), Mahoney's Garden center (right))
4. At the 2nd traffic light past Mahoney's, turn LEFT onto CHURCH ST. (intersection has Church St. to left, High St. to right).
5. Continue straight through one light.
6. Enter roundabout in the center of town (under the railroad bridge) and take 2nd exit onto MT. VERNON ST. keeping the store BookEnds to your right.
7. Take your first RIGHT onto CONVERSE PL.
8. Our building is the tall white and glass building at the end of the street (see China Sky Restaurant on RIGHT). Turn LEFT to enter our parking lot. If looking at the rear of the building, we are the door furthest to the left up the ramp.

Taking public transportation and walking:

1. By TRAIN: The Purple Line/Lowell Branch stops in Winchester Center and is 2 blocks from our office. It takes 12 minutes from North Station to reach Winchester Center.
2. By BUS: Route 134 from Wellington Station, through Medford, Winchester and Woburn. The bus and train stop at the same location.
3. WALKING from the bus/train station: walk down Main Street past the CVS. Turn left at Converse Place. Walk one block. Our building is the tall white and glass building at the end of the block. Walk straight ahead keeping the building on your left. Our entrance is up the ramp just as you enter the parking lot.