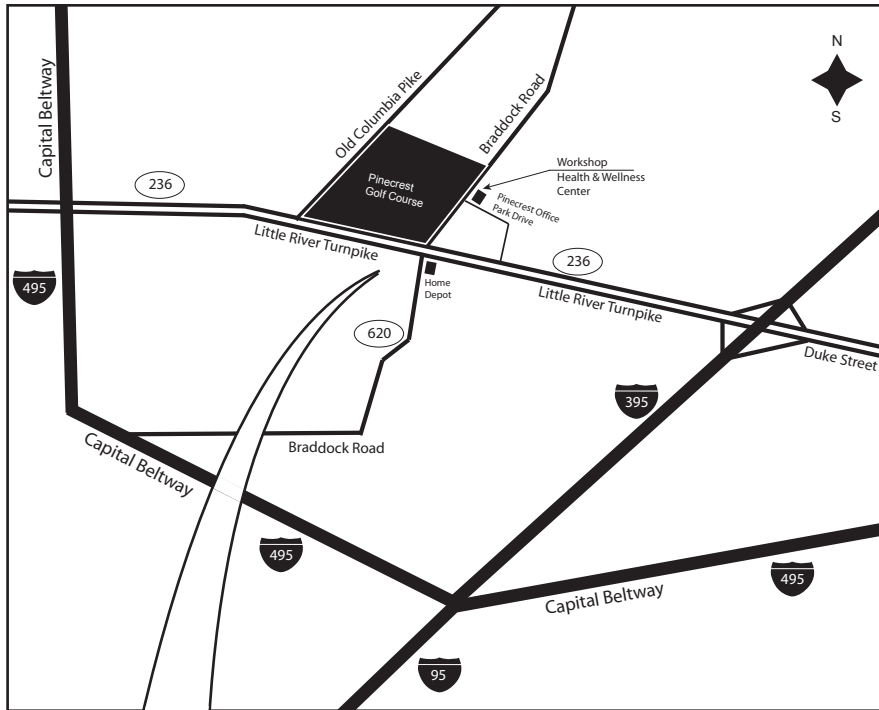


Driving Directions to The WORKSHOP location & The Health & Wellness Center

PHONE: 703-354-7336



FROM WASHINGTON DC

Come 395 south to 236 (Little River Turnpike – take a right going west), Exit 3B
Take Little River Turnpike about 1 mile.
Take a right on Braddock Road (the third traffic light).

Do not turn into the shopping center on the corner. There is a Wellness Center in this Plaza, however this is not our clinic.

Directly after this plaza take right into the Pinecrest Office Park Drive.

The workshop is delivered in the far right building, second floor (4613-E). Our office (The Health & Wellness Center) location is in the farthest building in the center (4609-D).

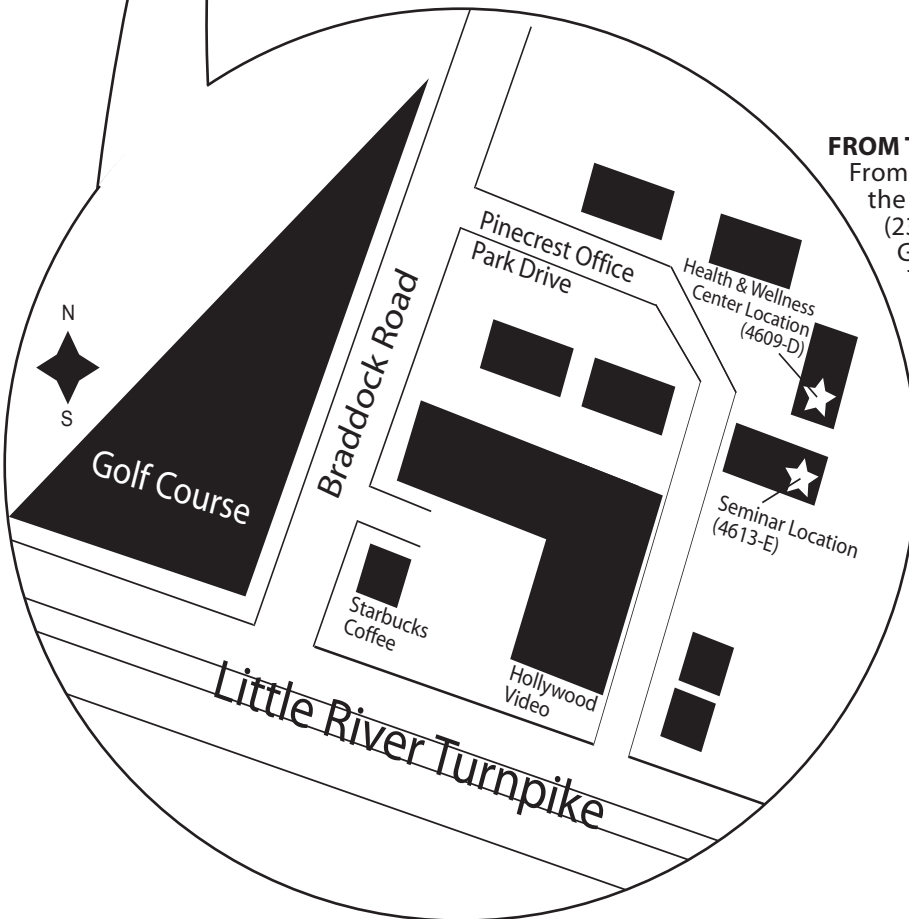
FROM THE BELTWAY (495) WEST SIDE

From the west side from the belt take Little River Turnpike (236), Exit 52B – go east towards Annandale several miles until you see Braddock Road.

Take left (going north) on Braddock Road.
Do not turn into the shopping center on the corner. There is a Wellness Center in this Plaza, however this is not our clinic.

Directly after this plaza take right into the Pinecrest Office Park Drive.

The workshop is delivered in the far right building, second floor (4613-E). Our office (The Health & Wellness Center) location is in the farthest building in the center (4609-D).



FROM THE SOUTH (95)

From the south going north take 95 until you see the exit for Little River Turnpike/Duke street (236).

Get on the second exit going west – Little River Turnpike (exit 3B).

If you take the first exit you will be going east and end up in the Landmark Mall area.

Once you are traveling west on Little River Turnpike approximately 1 mile (3rd traffic light) take right on Braddock Road.

Do not turn into the shopping center on the corner. There is a Wellness Center in this Plaza, however this is not our clinic.

Directly after this plaza take right into the Pinecrest Office Park Drive.

The workshop is delivered in the far right building, second floor (4613-E). Our office (The Health & Wellness Center) location is in the farthest building in the center (4609-D).

Workshop Location
4613 E Pinecrest Office Park Drive
Alexandria VA 22312

The Health & Wellness Center Location
4609 D Pinecrest Office Park Drive
Alexandria, VA 22312