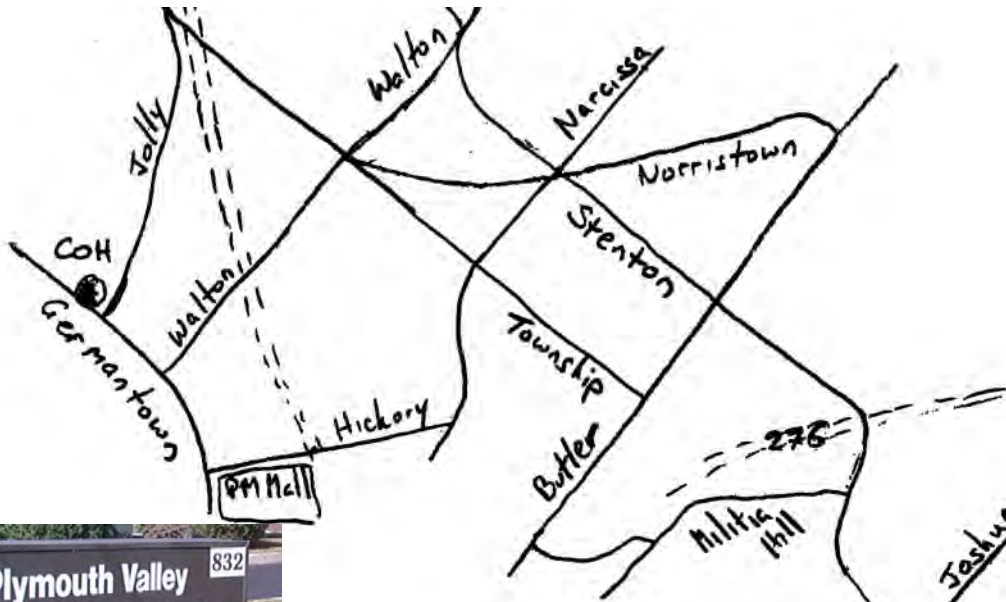


Travel Directions from
 Chestnut Hill to
 Center for Optimal Health
 (avoiding Germantown)
 at Plymouth Valley Professional Center
 832 Germantown Pike
 Plymouth Meeting, PA 19462
 610-239-9901 www.c4oh.org

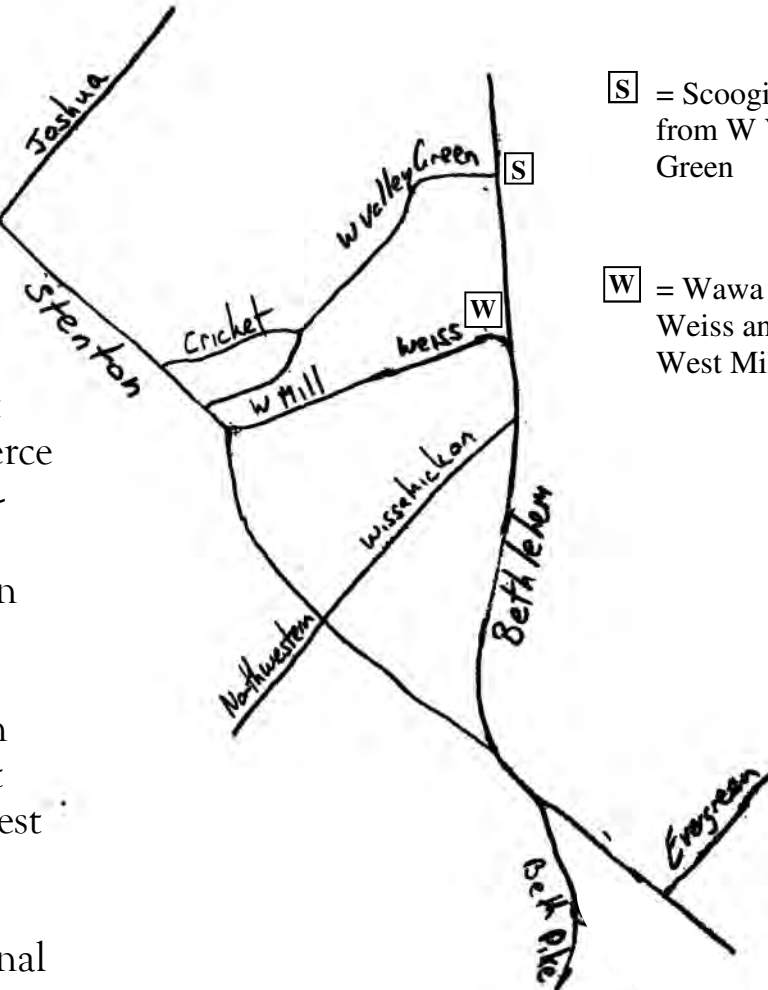


Two Options to avoid Germantown:

1. Stenton Avenue all the way to Butler. Left on Butler. First Right on Township. At “Five Points” by Church and Commerce Bank (far left), make a Left onto Walton. Walton to German town Pike, make a Right. (avoid the two “five points” where Norristown crosses Stenton and Township—you can end up on the wrong road coming or returning home!)

2. Beth Pike to Weiss or West Mill (just before/after Wawa on Left, before Genuardis). Left onto Weiss or West Mill. Right onto Stenton. Continue on Stenton as above. (if you miss West Mill, you can take Valley Green, just across from Scoogi’s).

Sign in front of driveway says “832 Plymouth Valley Professional Center”. We are in Suite 3, at the far side of the campus.



S = Scoogi’s across from W Valley Green

W = Wawa just after Weiss and before West Mill