

DIRECTIONS TO HEALTHY LIFESTYLES

From I89:

- Take exit 13 to Shelburne Road/Route 7
- Turn left (south) on Shelburne Road/Route 7
- Drive past McDonald's (on right) and Lakewood Commons, 1233 Shelburne Road is after McDonalds, on the same side, across from Sherwin Williams.
- Enter driveway and turn right. Park.
- Healthy Lifestyles is in the East O'Lake building, the large mansion facing Shelburne Road.
- Enter through the main entrance, turn left next to the elevator.
- Healthy Lifestyles is the first office on the right, Suite 230

From Shelburne Road/Route 7 South:

- 1233 Shelburne Road (Lakewood Commons) will be on your left-hand side just after Lewis Motors.
- Follow directions from above