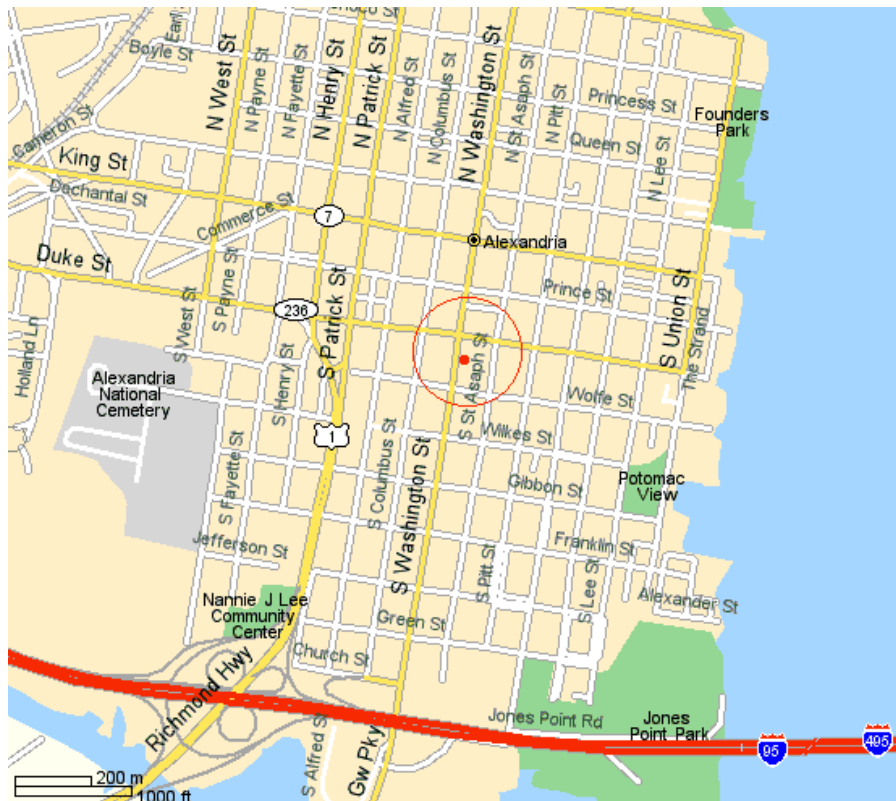


# Howe to Eat

*Mindful Eating. Balanced Living. Guilt-Free Self Care.*

## Directions



The Howe to Eat office is located at 312 South Washington Street, Suite 2A. It's half a block south of Duke Street, in the Medical Arts Building. A few parking spaces are available there; metered parking is available on Washington; or there is two hour parking one block in either direction on Columbus or Wolfe Streets.

I strongly suggest **avoiding** King, Duke, Washington and Route 1 in either direction between 4pm and 6pm. Stick to the side streets – Braddock Road down into Old Town, then Pendelton to Wolfe or the like will be less stress inducing.

Please call if you are running late or need directions en route.

Once you arrive, please make yourself comfortable in the waiting room right inside the door of suite 2A. I will pop out at your appointment time and take you back to my office.

I look forward to seeing you!