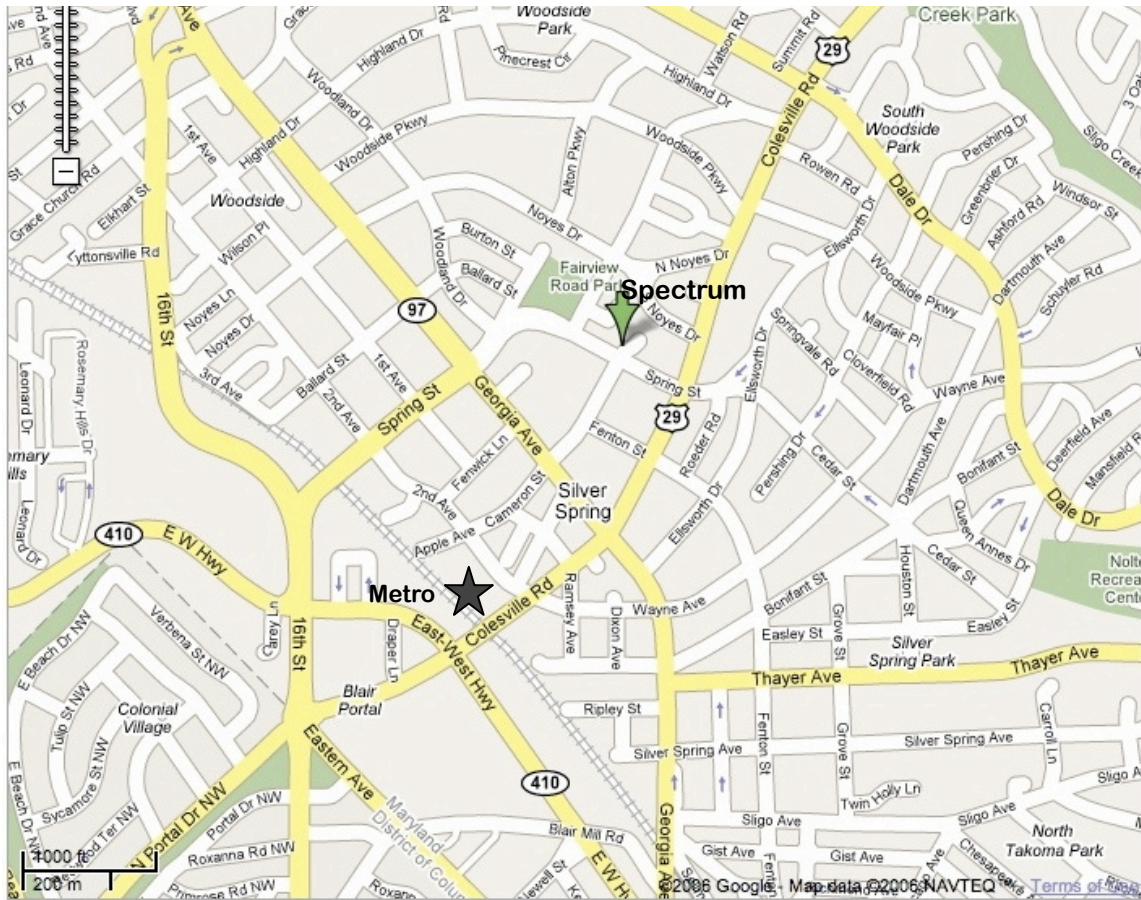


The Spectrum Center for Natural Medicine
8830 Cameron Street, Suite 501 • Silver Spring, MD 20910
301-565-2700 • www.healingspectrum.com



Walking from the Silver Spring Metro Stop: Walk north on Colesville Road (past McDonald's). Cross over Georgia Avenue and Fenton Avenue. Turn left onto Spring Street. Walk one block, and turn right onto Cameron Street, which ends in a cul-de-sac. Our building is on the left side of the circle. You can also take the free VanGo shuttle, (Ride-On Route 28, the purple van) which leaves the metro every 8 minutes on weekdays. The closest VanGo stop is at Cameron and Fenton.

From West or North of Silver Spring: Take the Capital Beltway (I-495) to Exit 31 - Georgia Avenue - South towards Silver Spring and Washington, D.C. At the 4th traffic light, turn left onto Spring Street. Turn left onto Cameron Street, which ends in a cul-de-sac. Our building is on the left side of the circle.

From East or North of Silver Spring: Take the Capital Beltway (I-495/I-95) to Exit 30 - Colesville Road (Rt. 29) South towards Silver Spring. At the 4th traffic light, turn right onto Spring Street. Turn right at the 1st traffic light onto Cameron Street, which ends in a cul-de-sac. Our building is on the left side of the circle.

From Downtown Washington, DC: Head north on 16th Street NW. Turn right onto Spring Street. Turn left onto Cameron Street, which ends in a cul-de-sac. Our building is on the left side of the circle.

Parking: There is a commercial lot adjacent to our building, which charges \$3 for the first hour, \$4 for two hours. There are also 2-hour parking meters along Cameron and Spring Streets. The closest public parking garage, which is on Spring Street between Cameron Street and Colesville Road, also has metered parking. The parking meters require payment of \$0.60 per hour from 7 am to 7 pm Monday through Friday.