

Family Holistic Healthcare and Neurobiofeedback Services
1100 Kings Highway East Fairfield, CT 06825
(Parking lot in rear on Castle Avenue – Westport National Bank Building)
If using GPS or online navigation, use 475 Castle Avenue.
203 576-1993

Traveling South on I-95

Take **Exit 24** (Black Rock Turnpike).
At the **end** of the **ramp** is a stop sign – make a **right** turn and get over to the **left**.
At the traffic **light** make a **left** turn.
Stay to the **right** for Black Rock Turnpike and make **first right** onto **Castle Avenue**.
Make first **right** into Westport National Bank building parking lot.
We are on the **first floor** in Suite **1C** in the Westport National Bank building.

Traveling North on I-95

Take **Exit 24** (Black Rock Turnpike).
At the **end** of the **ramp** is a traffic light – go **straight** and **curve back under I-95**.
Stay in the **middle lane** – you will come to a traffic **light** where you must turn **left**.
Quickly get over to the **right** and make your **first right** onto **Castle Avenue**.
Make first **right** into Westport National Bank building parking lot.
We are on the **first floor** in Suite **1C** in the Westport National Bank building.

Traveling South on Rte. 15

Take **Exit 44** (Black Rock Turnpike).
At the **end** of the **ramp** there is a traffic light – turn **left**.
Stay to the **left** and **turn left** at the next **light**.
You are on Black Rock Turnpike traveling south.
Black Rock Turnpike will **fork** off to the **right** after about **2.2 miles**. Stay on Black Rock Turnpike.
You will reach another **fork** with a CVS Pharmacy on the right and a gas station on the left, stay **left**.
Make the **3rd left** turn **after** this intersection onto **Benton Street** (the sign is somewhat hidden behind the grey house that sticks out close to the street).***
Go to the **stop sign** and make a **right** onto **Castle Avenue**.
Make a **left** into the **3rd driveway** on the **left**. It is the Westport National Bank building.
We are on the **first floor** in Suite **1C** in the Westport National Bank building.
*** If you miss the turn onto Benton Street, you can make the next left onto Castle Avenue at the bottom of the hill.

Traveling North on Rte. 15

Take **Exit 44** (Black Rock Turnpike).
Make a **left** turn at the bottom of the **ramp** and **immediately** get into the **right lane**.
Make a **right** turn onto **Black Rock Turnpike**.
Follow the directions above (**Traveling South on Rte. 15**) from where it says, “**You are on Black Rock Turnpike traveling south**”.