

## **Directions to:**

### **Dr. Robert G. Silverman - New York ChiroCare, PC.**

Westchester Medical Pavilion

311 North St. Ste G1, White Plains, NY 10605

Tel: 914-287-6464 Fax: 914-949-3735

## **From:**

### **Sprain Brook Pkwy North**

Take exit onto I-287 E towards White Plains. Take exit 8E for Westchester Ave. Turn right onto White Plains Ave. Continue onto North St. Building will be on the right.

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### **Sprain Brook Pkwy South**

Take exit onto I-287 E towards White Plains. Take exit 8E for Westchester Ave. Turn right onto White Plains Ave. Continue onto North St. Building will be on the right.

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### **287 West (TOWARDS the TAPANZEE BRIDGE)**

Take exit 8 to White Plains. Follow Route 119 (Westchester Avenue) toward White Plains. Turn left at White Plains Avenue. Continue on White Plains Avenue which merges onto North Street. Building will be on the right.

### **287 East (FROM the TAPANZEE BRIDGE/towards CONNECTICUT)**

Take exit 8E for Westchester Avenue. Keep right and continue to light at intersection of White Plains Road. Turn right on White Plains Road which merges onto North Street. Continue on North Street. Building will be on the right.

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### **Hutchinson River Parkway North**

Take exit 25 "North Street". At the top of the ramp, turn left at the light onto North St. Travel to the fifth traffic light, and turn left into the entrance for 311 North Street.

### **Hutchinson River Parkway South (Connecticut)**

Take I-95 or Hutchinson River Parkway South to I-287 West, Exit 21, towards White Plains. Take exit 8 to White Plains. Follow Route 119 (Westchester Avenue) toward White Plains. Turn left at White Plains Avenue. Continue on White Plains Avenue which merges onto North Street. Building will be on the right.

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### **From I-95 South (New England)**

Take I-95 or Merritt Parkway South to I-287 West. Take exit 8 to White Plains. Follow Route 119 (Westchester Avenue) toward White Plains. Turn left at White Plains Avenue. Continue on White Plains Avenue which merges onto North Street. Building will be on the right.

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