



PRACTICE LOCATION & DIRECTIONS

Address: 4405 East West Highway, SUITE 502, Bethesda, MD, 20814

Parking: Visitor parking is free and is located in front of the building.

Entrance to building and access via elevator/stairs:

You may access the suite by stairs or elevator through the main entrance. The lobby/main entrance of the building is FLOOR 2. Take the elevator to FLOOR 5. Exit RIGHT off the elevator and the office door will be down the hall and on your LEFT. Alternatively, to access the stairs, take a RIGHT once you enter the lobby. Follow the hall to the EXIT sign and take the stairs up two flights. You will exit the stairwell to the RIGHT, turn to the hallway on the RIGHT, and the suite will be on your LEFT.

On-line directions: Directions and a map can be accessed from the Well-Minded website at www.wellmindedpractice.com.

Metro: Well-Minded is located three blocks from the Bethesda Metro Center (Red Line). Take the underground tunnel to cross Wisconsin Avenue.

Driving directions From 495 and Connecticut:

Take the 495 Beltway to the Connecticut Avenue exit. Follow Connecticut Ave. toward Bethesda and take a RIGHT on East-West Highway. Destination is on the RIGHT (just passed the Bethesda/Chevy Chase High School).

Driving directions From Washington DC:

Take Wisconsin Avenue north out of DC. Continue on Wisconsin Avenue past Friendship Heights to Bethesda. Take a RIGHT onto Montgomery Avenue (a one-way street). Stay in the left lane. Follow Montgomery Avenue until it meets East-West Highway and Make a LEFT onto East-West Highway (a one-way street) and then a RIGHT into our parking lot.

Notes:

- Ticketing and towing are not uncommon in Bethesda. While parking is free for clients, you should park no longer than your allotted time.
- East-West Highway is a one-way street. *If you miss our office:*
 - 1) Make an immediate LEFT at the light onto Pearl Street, LEFT onto Montgomery Avenue (also a one-way street) and LEFT again to East-West Highway and then a RIGHT into our parking lot.

- 2) Continue on East-West Highway; make a LEFT on Wisconsin Ave. (Rockville Pike) and the first LEFT onto Montgomery Avenue (also a one-way street). Stay in the left lane. Follow Montgomery Avenue until it meets East-West Highway and Make a LEFT onto East-West Highway and then a RIGHT into our parking lot.
- 3) Take an immediate RIGHT at Pearl Street, RIGHT onto Sleaford Road, RIGHT onto Chelton Road, RIGHT onto East-West Highway and then a RIGHT into our parking lot.