

**Bodywork for Wellness**  
**Manual Physical Therapy and Therapeutic Massage PLLC**  
**Directions to the Office**

350 Northern Blvd (Loudon Plaza)  
Suite 305  
Albany, NY 12204  
518-424-6487

*From I -90 East or West:*

Take exit 6 off I-90. On Ramp follow signs for Loudonville (Rt 9 North). Continue on ramp and next follow signs for Northern Blvd (small ramp on the right). At the end of the ramp you will see a traffic light. Make a wide left onto Northern Blvd. Just ahead on the Right is Loudon Plaza. Park in the lot and use the door under the words 350 Loudon Professional Suites. Take the elevator to the 3<sup>rd</sup> floor and take a left off the elevator to get to suite 305.

*From the North:*

Take I-87 South to Exit 4 (Albany Shaker Road and Airport). At the end of the ramp there is a light, you will take a left onto Old Wolf Road. Follow that around the bend and at the next light you will take a left onto Albany Shaker Road. You will be going east/away from the airport. Once on Albany Shaker Road it will be 7 traffic lights (start counting at Wolf Rd) and approx 4.5 miles to the intersection of Albany Shaker and Northern Blvd (Albany Memorial will be across the intersection on the left). Take a Left on to Northern Blvd go 0.1 mile and make a left into Loudon Plaza. Park in the lot and use the door under the words 350 Loudon Professional Suites. Take the elevator to the 3<sup>rd</sup> floor and take a left off the elevator to get to suite 305.

*From Central Ave/Downtown Albany:*

Take Henry Johnson Blvd, going east. You will arrive at the intersection of Henry Johnson and Livingston Ave (Stewarts on the right and entrance to I-90 straight ahead) TAKE A RIGHT onto Livingston Ave. Then take the next Left onto Northern Blvd. Stay straight until a T intersection (avoid the ramp taking you to I-90). At the T intersection you will take a Left onto Northern Blvd. Follow Northern Blvd around the curve past Phillip Livingston High School (on the left) and past Memorial Hospital on the right. You will see Loudon Plaza just ahead on the Left. Park in the lot and use the door under the words 350 Loudon Professional Suites. Take the elevator to the 3<sup>rd</sup> floor and take a left off the elevator to get to suite 305.

*From 787:*

Take 787 to exit 7W Loudonville/Menands RT 378. Merge onto 378 and stay straight until 1<sup>st</sup> traffic light at RT 377 Van Renesslear Blvd. Take a left at the light. Go straight thru one light and at the 2<sup>nd</sup> you will bear right onto Northern Blvd. Go straight thru 2 traffic lights (very close together) and you will see Loudon Plaza on the Right. After 2<sup>nd</sup> light make your 1<sup>st</sup> right into the parking lot of Loudon Plaza. Park in the lot and use the door under the words 350 Loudon Professional Suites. Take the elevator to the 3<sup>rd</sup> floor and take a left off the elevator to get to suite 305.