

DIRECTIONS TO HMG OFFICES

AVON

100 Simsbury Road, Avon, CT 06111 (860)-284-5111

FROM I-84 WEST BOUND

- Take exit 43 (Park Road/West Hartford Center).
- Turn left at light at end of ramp.
- At second light turn right onto South Main Street for 2.2 miles.
- Take a left at light onto Route 44 West (Albany Avenue).
- Go over Avon Mountain approximately 4.3 miles.
- Stay straight through light onto Route 10/44 West for 0.5 miles.
- At O’Neil’s Chevy turn right onto Route 10 North/202 (Simsbury Road).
- Wellness Center is 0.5 miles on the right (opposite Fisher Drive).

Landmarks: If you pass Riverdale Farms you have just missed the entrance.

FROM I-84 EAST BOUND

- Take exit 39 (Farmington/Route 4) and proceed straight through the light at the end of the connector, onto Route 4 West.
- Proceed into Farmington (road will curve right), and at the light (Farmington Gold Club is on the right) take a right on to Route 10.
- Follow Route 10 until it intersects with Route 44 at Avon Old Farms.
- Take a left and stay straight through light onto Route 10/44 West for 0.5 miles.
- At O’Neil’s Chevy turn right onto Route 10 North/202 (Simsbury Road).
- Wellness Center is 0.5 miles on the right (opposite Fisher Drive).

Landmarks: If you pass Riverdale Farms you have just missed the entrance.

EAST HARTFORD

265 Ellington Road 06108 (860)-569-8800

HEADING NORTH OR SOUTH ON I-91

- Take exit 35A.
- Go over Bissell Bridge (Route 291E)
- Take exit 4 and bear right at the end of the ramp onto Ellington Road (Route 5)
- At third traffic light, take left into School Street Square Plaza. HMG is located next to Rite-Aid Pharmacy.

Landmarks: School Street Square Plaza has a blue roof.

HEADING EAST OR WEST ON I-84

- Take exit 56 (Governor Street) and bear right to traffic light.

- Turn left onto Prospect Street (Charlie's Pizza on corner).
- At traffic light, turn left onto Main Street (Rt.5) in East Hartford.
- At the third traffic light (1.5 miles), turn right into School Street Square Plaza. HMG is located next to Rite-Aid Pharmacy.

Landmarks: Main Street becomes Ellington Road. School Street Square Plaza has a blue roof. If you come to the Mobil Station you have gone too far.

ENFIELD

100 Hazard Avenue, Suite 101, Enfield, CT 06082 (860) 696-2380

HEADING NORTH OR SOUTH ON I-91

- Take exit 47E.
- Merge onto CT-190 East/Hazard Avenue toward Hazardville/Somers.
- Go through five traffic lights and go 1/8 mile right.

MANCHESTER

256 North Main Street, Manchester, CT 06042 (860)-696-2300

HEADING EAST ON I-84

From 84 East

- Take exit 62.
- At the end of the exit take a right onto Buckland Hills Road.
- At the second light take a left onto Tolland Turnpike.
- Go straight for about one mile. The office will be on your right next to CVS Pharmacy.

HEADING WEST ON I-84

- Take exit 62.
- At the end of the exit take a right onto Pleasant Valley Road.
- At the next light take a right onto Buckland Hills Road.
- At the third light take a left onto Tolland Turnpike.
- Go straight for about one mile. The office will be on your right next to CVS Pharmacy.

WEST HARTFORD, BISHOPS CORNER

336 North Main Street 06117 (860)-232-4891

HEADING WEST ON I-84

- Take exit 43, Park Road, West Hartford Center.

- At the end of long connector, turn left onto Park Road.
- At the second light turn right on to South Main Street.
- South Main becomes North Main Street, continue through light at Asylum Avenue.
- Go through one additional light and turn right into the shopping area.

Landmarks: The office is in the middle of the strip mall next to Wild Oats. If you cross over Route 44 you have past the office.

HEADING EAST ON I-84

- Take exit 43, Park Road, West Hartford Center.
- At the end of long connector, turn right onto Park Road.
- At the second light turn left on to South Main Street.
- South Main becomes North Main Street, continue through light at Asylum Avenue.
- Go through one additional light and turn left into the shopping area.

Landmarks: The office is in the middle of the strip mall next to Wild Oats. If you cross over Route 44 you have past the office.

WEST HARTFORD, SOUTH MAIN

445 South Main Street, West Hartford, CT 06110 (860)-561-7111

HEADING WEST ON I-84

- Take LEFT exit 41 for South Main Street.
- At the end of the ramp, left onto South Main Street.
- Go through two (2) traffic lights.
- Take a right into the driveway and the office is located on the right on the corner of South Main Street and New Britain Avenue

Landmarks: The office is across from Blockbuster Video, Munson's Chocolate and Dunkin Donuts.

HEADING EAST on I-84

- Take exit 41, South Main Street.
- At end of ramp turn right onto South Main Street.
- Go through one traffic light and turn right into driveway.
- The office is located on the right on the corner of South Main Street and New Britain Avenue (at second traffic light).

Landmarks: The office is across from Blockbuster Video, Munson's Chocolate and Dunkin Donuts.

WETHERSFIELD

1025 Silas Deane Highway, Wethersfield, CT 06109 (860)-696-2400

HEADING NORTH ON I-91

- Take exit 24.
- At the end of the ramp take a right onto Silas Deane Highway (Rte. 99).
- Continue straight through four traffic lights and take a left into the Bed, Bath and Beyond Plaza.
- At the stop sign take a right and HMG is at the far end of the plaza past the bank.

Landmarks: Bed, Bath & Beyond, Friendly's Restaurant, and Webster Bank are in the plaza.

HEADING SOUTH ON I-91

- Take exit 24.
- At the end of the ramp take a left onto Silas Deane Highway (Rte. 99).
- Continue straight through four traffic lights and take a left into the Bed, Bath and Beyond Plaza.
- At the stop sign take a right and HMG is at the far end of the plaza past the bank.

Landmarks: Bed, Bath & Beyond, Friendly's Restaurant, and Webster Bank are in the plaza.

WINDSOR

1060 Day Hill Road, 06095 (860)-683-2690

HEADING EAST OR WEST ON I-84

- From **Westbound** I-84, take Exit 61 Route 291 West to I-91 North.
- From **Eastbound** I-84, take Exit 51 for I-91 North.
- Take Exit 38 (Day Hill Road)
- Turn right at the end of the exit.
- Go back under 91 and stay in the right lane.
- Take right-hand "exit" off main road for Windsor Corporate Center/Day Hill Road. Go approx. 3 - 3-1/2 miles. Look for Fox Press Lane on the right.

HEADING NORTH FROM I-91

- Take Exit 38 (Day Hill Road).
- Follow directions above.

HEADING SOUTH FROM I-91

- Take Exit 38B (Day Hill Road).
- Go approx. 3 - 3/1/2 miles towards Windsor Corporate Center

FRONT ENTRANCE TO BUILDING #2: Take the first right past Fox Press Lane. Single story bldg #2. Go through main entrance and the office is to the right.

BACK ENTRANCE TO BUILDING #2: Take a right onto Fox Press Lane. Take first left into parking lot. Enter through 2 sets of automatic doors. The office is at the end of hall on left past the main foyer.

Directions to the Business Office

Located on the grounds of The Institute of Living
200 Retreat Avenue – Research Building 8th Floor
Hartford, CT

The building has a caduceus on the top of it and is only building on campus with 8 floors.



Kent Stahl, MD, Medical Director/CEO: 860-545-7646
John Fundock, Practice Administrator/COO: 860-545-7188

Coming from the west on I-84:

Take Exit 48 to "Capitol Avenue - Exit 48 B"; turn left onto Capitol Ave.; right onto Washington Street (at the equestrian statue); continue south about 1 mile and take a left onto Retreat Avenue. The entrance to the Institute of Living campus is on the right.

Coming from the east on I-84:

Take Exit 54, "Downtown Hartford," and turn left at the bottom of the bridge onto Columbus Boulevard; continue to Wyllys Street (Columbus Boulevard turns into Wyllys Street), go through three traffic lights, and bear left onto Retreat Avenue. The entrance to the Institute of Living campus is on the left.

Coming from I-91, north or south:

Take exit 29 A, traveling beneath the Hartford Public Library to the Bushnell Park rotary. Proceed three-quarters way around the rotary and turn right onto Hudson Street. At the end of Hudson Street, turn right onto Jefferson Street. At the third light, turn left onto Washington Street and take a left onto Retreat Avenue. The entrance to the Institute of Living campus is on the right.

Upon entry to the Institute of Living Campus you will pass a Guard Shack. If the guard is present, stop and tell him/her that you have an appointment in the Research Building and they will direct you to parking and the building. If the guard is not present, take a right and follow the road toward the Research Building. There are a limited number of Visitor parking spots in front of the building, but more are available in the other parking lots on campus.