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DIRECTIONS TO OUR FOREST HILLS OFFICE
118-21 QUEENS BLVD. SUITE 601
FOREST HILLS, NY 11375
Tel: (718) 261-3663

FROM LONG ISLAND:

- **GRAND CENTRAL PKWY** West to Queens Blvd(exit 15). Bear right on the exit ramp to Queens Blvd (not Union Tpke). At the light, you will see a tall tan building. (We are around the corner from that building, on Queens Blvd.). Make a full right turn at the light. There is meter parking on the side streets and a parking garage on weekdays.
- **LONG ISLAND EXPRESSWAY** West to exit 22(Van Wyck Expwy south). Get off at exit #8, Union Tpke (after Jewel Ave). Stay right on the exit ramp to Queens Blvd(not Union Tpke). At the light, you will see a tall tan building. (We are around the corner from that building, on Queens Blvd) Make a full right turn at the light. There is meter parking on the side streets and a parking garage on weekdays.
- **NORTHERN STATE WEST** to Grand Central Pkwy West. Follow directions from #1 above.

FROM MANHATTAN:

Triboro Bridge to Grand Central Pkwy East. Go past LaGuardia Airport to Queens Blvd exit (after Jewel Ave). Go up ramp to the service road. Stay on this to the end (about 1/2 mile) and turn right. You can park on this street, 78th Rd. or go up to Queens Blvd.

FROM BROOKLYN:

Van Wyck Expressway North to Exit 9 (Queens Blvd). Continue West on Queens Blvd. Turn right at 4th light onto 78th Crescent. There is a parking garage 50 feet down on the left as well as meter parking.

FROM STATEN ISLAND:

Verrazano Bridge to BQE East to Long Island Expressway, to Queens Blvd. exit. Make a quick right and take middle lane down to Queens Blvd.

SUBWAY:

- E/F Train to Union Turnpike -- Exit station on the North side.
- N/R Train to 71st and Continental. Transfer to E/F train (going towards Jamaica).
- 7 Train to 74th and Roosevelt Ave. Transfer to E/F train (going towards Jamaica).

BUS:

- From Main Street Flushing -- Q25/34, Q65, or Q44 to Union Turnpike. Transfer to Q46 (going towards NYC). Get off last stop, which will be in front of our building.
- Q37 (runs down 111th Street) to last stop Queens Blvd/Union Turnpike. We are across Queens Blvd.

Please note, if you schedule an appointment and do not show without notifying the staff within 24 hours, it will result in a \$20.00 no-show fee.

PLEASE REMEMBER, DO NOT TAKE ANY ANTIHISTAMINES FOR 48 HOURS PRIOR TO YOUR APPOINTMENT. YOU SHOULD CONTINUE ALL OTHER MEDICATIONS THAT YOU USUALLY TAKE. ALSO, BE SURE TO EAT BEFORE THE TESTING. WE LOOK FORWARD TO SEEING YOU. THERE IS A \$20.00 NO-SHOW FEE IF YOU DO NOT CANCEL WITHIN 24 HOURS OF YOUR APPOINTMENT.

Allergy Testing

A DIVISION OF PROHEALTH CARE ASSOCIATES, LLP

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