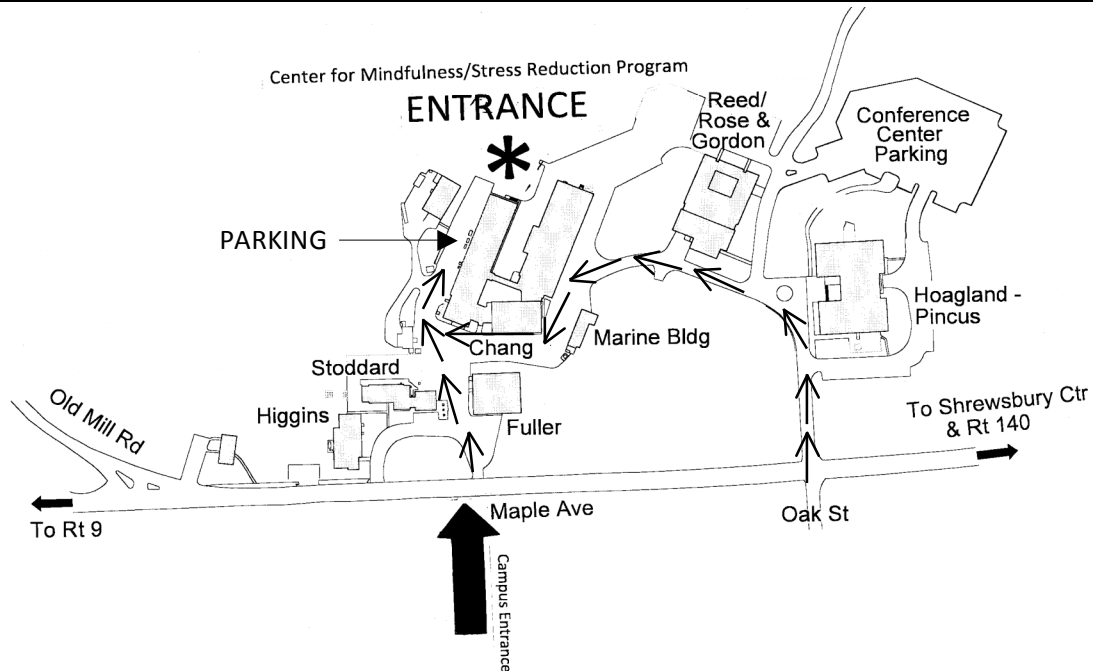


Center for Mindfulness
Chang Building
University of Massachusetts Medical School
222 Maple Avenue
Shrewsbury, MA 01545



Chang Building Directions to the Shrewsbury Campus

222 Maple Avenue
Shrewsbury, MA 01545

From the East: Mass. Pike-West to exit to 495 North. After passing through the toll booth, follow signs for Worcester to Rte. 9-West. Follow Rte.9-West into Shrewsbury. At the third set of lights in Shrewsbury, turn right on Oak Street (Bowling alley on corner) and proceed to end. The main entrance to the University of Massachusetts Medical School-Worcester Foundation campus is directly ahead. For the Chang Building, turn left and go to next entrance on right. Turn into the entrance and proceed straight ahead.

From the North: Rte. 495-South to Rte. 290 (Worcester). Follow Rte. 290 to exit 23 Rte. 140-South/Shrewsbury. Follow Rte. 140 South to first set of lights (Shrewsbury Public Library is on left; town common and Congregational Church on right); turn right at lights onto Main St. The road forks almost immediately (by Brooks Drug); bear left at fork (Maple Avenue). The University of Massachusetts Medical School-Worcester Foundation Campus is located about a 1/2 mile down the street on the right. For the Chang Building, go to next entrance on right. Turn into the entrance and proceed straight ahead.

From the West: Mass. Pike to exit 10 (Auburn). After passing through toll booth, follow signs for Worcester to Rte. 290. Follow Rte. 290 to exit 22 (Main St./Shrewsbury). At the end of exit ramp, bear right (West Main St.). Continue through first set of traffic lights and take first right (Gage Lane) after passing St. John's High School. Follow to end and turn right onto Maple Avenue. The University of Massachusetts Medical School-Worcester Foundation Campus is located 1/2 mile down the street on right. For the Chang Building, go to next entrance on the right. Turn into the entrance and proceed straight ahead.

From the Southeast/Rhode Island: Rte. 95 to Rte. 495-North. Follow Rte. 495 to Rte. 9-West. Then follow directions above for from the West. For the Chang Building, go to next entrance on right. Turn into the entrance and proceed straight ahead.

From Hartford/New York City: Rte. 84 from Hartford to the Mass. Pike in Sturbridge, Mass. Head East on Mass. Pike to exit 10 (Auburn). Then follow directions above for from the West. For the Chang Building, go to next entrance on right. Turn into the entrance and proceed straight ahead.