

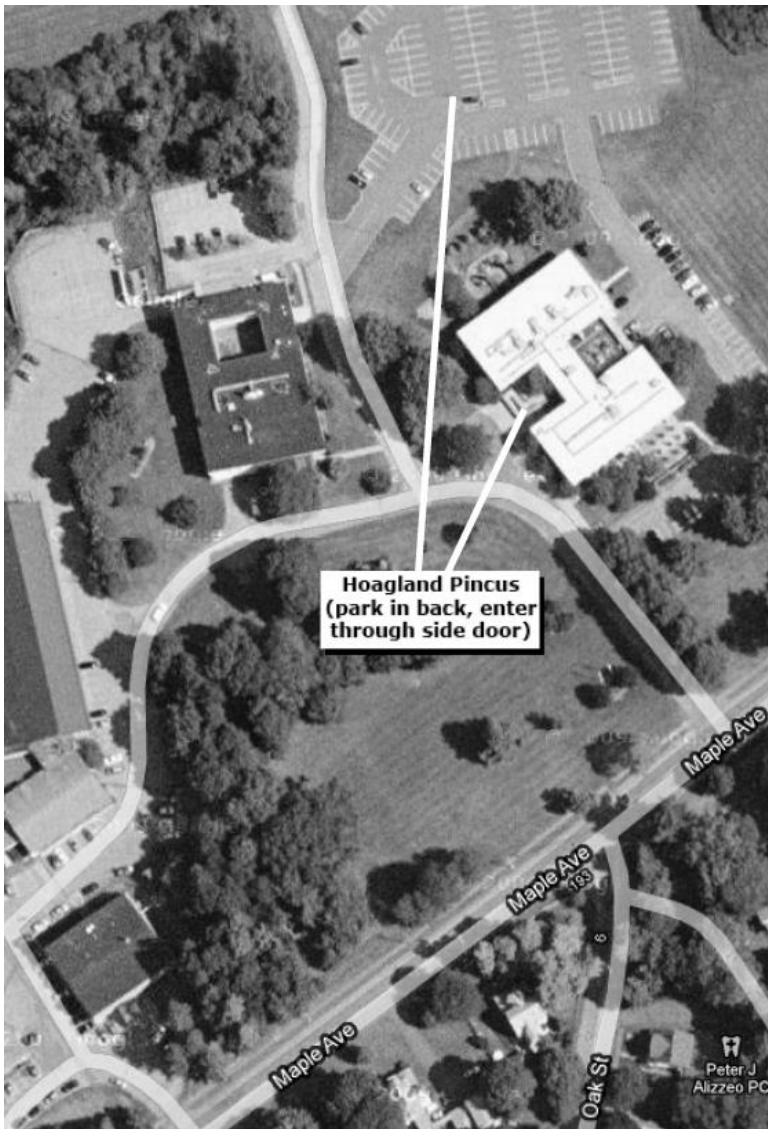
## Center for Mindfulness Directions

**Located in the Hoagland-Pincus Building  
222 Maple Street, Shrewsbury, MA, 01545**

**From the East:** Mass. Pike- West to exit 495 North. After passing through the toll booth, follow signs for Worcester to Rte. 9-West. Follow Rte. 9-West into Shrewsbury. Turn right on to Oak Street (Bowling Alley on corner. Take a right onto Maple Ave, followed by an immediate left. The Hoagland-Pincus Building will be on your right.

**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 Center for Mindfulness is located about a ½ mile down the street on the right. The Hoagland-Pincus Center will be on your right.

**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 Center for Mindfulness is located ½ mile down the street on the right. The Hoagland-Pincus Building will be on your right.



**You may park behind the Center for Mindfulness, Hoagland-Pincus Building.**

**Enter through the double doors at the main entrance of the Hoagland-Pincus Building, shown in the picture.**