

# *HEALTH MOVES*

## *"The Way to Wellness"*



### **From I-405**

- ∂ Merge onto **WA-522 East** via exit 23A toward Woodinville/Wenatchee
- ∂ Take the **WA-202** South ramp toward Woodinville/Redmond
- ∂ Stay to the **RIGHT** on the off-ramp and take the slight **RIGHT onto 131st Ave NE/WA-202**
- ∂ Turn **LEFT onto NE 175th Street** after going under the train overpass.
- ∂ Turn **RIGHT onto 133rd Ave NE**
- ∂ We are on the left side of 133<sup>rd</sup> Ave NE and NE 173<sup>rd</sup> Street
- ∂ **17311 135<sup>th</sup> Ave NE Ste. C-800 Woodinville, WA 98072**

### **From Highway 9**

- ∂ Follow **Highway 9 south into Woodinville.**
- ∂ It will turn into Woodinville-Snohomish Rd at Costco.
- ∂ Woodinville-Snohomish will turn into 139<sup>th</sup> Ave NE and then 140<sup>th</sup> Ave NE
- ∂ Turn **RIGHT at NE 175th Street**
- ∂ Turn **LEFT onto 133rd Ave NE**
- ∂ We are on the left side of 133<sup>rd</sup> Ave NE and NE 173<sup>rd</sup> Street
- ∂ **17311 135<sup>th</sup> Ave NE Ste. C-800 Woodinville, WA 98072**

### **From Hollywood Schoolhouse**

- ∂ Start out going **North on 148TH Ave NE** toward Downtown Woodinville
- ∂ Turn **SLIGHT LEFT onto 140TH PL NE**
- ∂ 140TH PL NE becomes 140TH AVE NE
- ∂ Turn **LEFT onto NE 173rd ST**
- ∂ Turn **RIGHT onto 133rd Ave NE** at Brittany Park
- ∂ We are on the NE corner of 173<sup>rd</sup> Street and 133<sup>rd</sup> Ave.
- ∂ **17311 135<sup>th</sup> Ave NE Ste. C-800 Woodinville, WA 98072**

### **From Home Depot in Bothell**

- ∂ Go towards Woodinville overpass (entrance to the 522) from Home Depot
- ∂ Take a **RIGHT** to go over the overpass **onto 132nd Ave NE/WA-202**
- ∂ Turn **LEFT onto NE 175th Street** after going under the train overpass.
- ∂ Turn **RIGHT onto 133rd Ave NE**
- ∂ We are on the left side of 133<sup>rd</sup> Ave NE and NE 173<sup>rd</sup> Street
- ∂ **17311 135<sup>th</sup> Ave NE Ste. C-800 Woodinville, WA 98072**

### **Landmarks:**

Molbaks; Chase Bank; Wells Fargo; Top Foods; Hollywood Schoolhouse; Napa Auto Parts; Albertson's (which is the road to Woodinville Medical Group); Woodinville City Hall (across the street from our office), Brittany Park.

If you need assistance, please call us at **425.402.9999**  
**17311 135<sup>th</sup> Ave NE Ste. C-800 Woodinville, WA 98072**

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