**BOSTON OSTEOPATHIC HEALTH**

**\*\*\*Please use these instead of internet directions. These are more accurate\*\*\***

**Directions coming from the South:**

Take Interstate 95N/MA-128North

Merge onto MA-30 (Commonwealth Ave) via exit 24

toward NEWTON/BOSTON 1.7 mi

Turn Left onto LEXINGTON STREET 0.8 mi

Turn Left onto RUMFORD AVE. 0.1 mi

Turn Right into first drive (PACARD COVE).

134 Rumford Ave is the building straight ahead across parking lot

Our office is on the second floor, Suite #208

**Directions coming from the North:**

Take interstate I-95S/MA-128 South toward LOWELL/WALTHAM

Merge onto MA-30(Commonwealth Ave) East via EXIT 24 toward NEWTON/BOSTON 1.1mi

Turn LEFT on LEXINGTON STREET 0.8mi

Turn Left onto RUMFORD AVE. 0.1mi

Turn Right into first drive (PACARD COVE).

134 Rumford Ave is the building straight ahead across parking lot.

Our office is on the second floor, Suite #208.

**Directions coming from the East/Boston:**

Take I-90 West/MASS PIKE/MASSACHUSETTS

Take RT 16 East, EXIT 16, toward WEST NEWTON 0.4mi

Turn SLIGHT RIGHT onto WASHINGTON ST/MA-16 East 0.3mi

Stay straight to go onto ELM STREET 0.3mi

TAKE 3RD Left on RIVER STREET 0.6mi

River STREET becomes RUMFORD AVE. 0.1mi

Turn Right into first drive (PACARD COVE).

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**Directions coming from the West:**

Take I-90 East/MASS PIKE/MASSACHUSETTS

Take I-95 North-30/Route-128 North exit, EXIT 14, toward N.H.-MAINE/POINTS NORTH 1.2mi

Merge onto MA-30 via EXIT 24 toward NEWTON/BOSTON 1.0mi

Turn LEFT onto LEXINGTON STREET 0.8mi

Turn LEFT onto RUMFORD AVE. 0.1mi

Turn Right into first drive (PACARD COVE).

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