



# EZen Directions

The following are directions to find our Everything Zen offices on 495 Gold Star Highway, Suite 320, in Groton, CT:

## **NORTH FROM I95:**

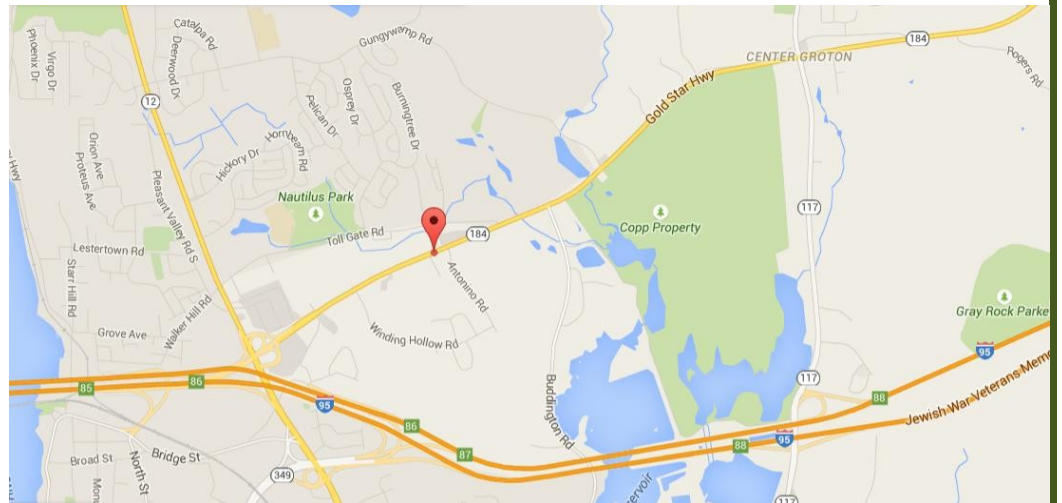
After New London, get into the left lane over the Gold Star Bridge, to Route 12/184. This will bring you onto Route 184 (Gold Star Highway). Continue straight, you will see WalMart on your left and the Ramada Inn on your right. Continue down the hill, and take the next right after Antonio Road into the Medical Complex. When you come to the Stop sign (and see the water fountain ahead), turn left towards the green building (#495), and find parking on the other side of the building. Enter the front door, go to the elevators, go to the 3rd floor. Everything Zen is down the hall to your 2nd right turn, at #320 on your left.

## **SOUTH FROM I95:**

Take Exit 86 to Route 12, taking the ramp all the way to the light. Turn right and take the next light, turning right onto Route 184 (Gold Star Highway). Continue straight, you will see WalMart on your left and the Ramada Inn on your right. Continue down the hill, and take the next right after Antonio Road into the Medical Complex. When you come to the Stop sign (and see the water fountain ahead), turn left towards the green building (#495), and find parking on the other side of the building. Enter the front door, go to the elevators, go to the 3rd floor. Everything Zen is down the hall to your 2nd right turn, at #320 on your left.

**FROM ROUTE 1 North or ROUTE 12 South:** Turn at the light onto Route 184 (Gold Star Highway). Continue straight, you will see WalMart on your left and the Ramada Inn on your right. Continue down the hill, and take the next right after Antonio Road into the Medical Complex. When you come to the Stop sign (and see the water fountain ahead), turn left towards the green building (#495), and find parking on the other side of the building. Enter the front door, go to the elevators, go to the 3rd floor. Everything Zen is down the hall to your 2nd right turn, at #320 on your left.

**FROM ROUTE 27 or ROUTE 117 NORTH:** Turn left onto Route 184 (Gold Star Highway), continuing West until you see Buddington Road light. Continue straight through the light, and look to the left for a restaurant (usually Japanese) and the entrance to the Medical Center is on the left. Turn left into the complex, proceed to the Stop sign (and see the water fountain ahead), turn left towards the green building (#495), and find parking on the other side of the building. Enter the front door, go to the elevators, go to the 3rd floor. Everything Zen is down the hall to your 2nd right turn, at #320 on your left.



860-556-2914

Located at 495 Gold Star Highway, Ste. 320, Groton, CT  
[www.everythingzenmassage.com](http://www.everythingzenmassage.com)

For Better Health & Wellness!