

**Health Touch**  
3500 Westgate Drive, Ste 504  
Durham, NC 27707

919.943.8834, Ruth Hamilton's cell phone  
[www.healthtouchnc.com](http://www.healthtouchnc.com)

Please note that it is important to follow our directions the first time you visit Health Touch. Our office is part of the Westgate Plaza Office Park and can not be seen from either from Westgate Drive or University Dr. We look forward to seeing you as a client at Health Touch and as a workshop attendee. If you are a client, you will need to ring the bell for someone to unlock the door for you. If you are arriving for a class or workshop, please enter at the classroom door which is on the right side of the building as you face it.

From Chapel Hill:

Take 15-501 towards Durham

As you pass by (on the right) Garrett Road intersection, get in the Right lane

Exit onto Martin Luther King, get into left lane immediately

At the light, turn left onto University Drive. Super K will then be on your right

Take the first left onto Lyckan Parkway

(if you pass the SunTrust Bank you've gone too far)

Take the first right into our parking lot. You'll see dumpsters.

Look for the 500 building (3rd building on your right)

Suite 504

From North Durham:

From 85, exit onto 15-501 South

Exit onto Martin Luther King, get into left lane immediately

At the light, turn left onto University Drive. Super K will then be on your right

Take the first left onto Lyckan Parkway

(if you pass the SunTrust Bank you've gone too far)

Take the first right into our parking lot

Look for the 500 building (3rd building on your right)

Suite 504

From South Durham:

Take 40 to 751 Exit toward Durham

Cross Highway 54

Turn left at next light onto Garrett Road

Turn right at next light onto University Drive

Cross Martin Luther King, get into left lane immediately

Take the first left onto Lyckan Parkway

(if you pass the SunTrust Bank you've gone too far)

Take the first right into our parking lot

Look for the 500 building (3rd building on your right)

Suite 504

From Raleigh:

Take I40 West to Route 15/501, Exit 270

Get to Route 15/501

At the end of the exit ramp, make a RIGHT onto 15/501 North

As you pass by (on the right) Garrett Road intersection, get in the Right lane

Exit onto Martin Luther King Parkway

At the first light, turn LEFT onto University Drive. (Sun Trust Bank and Super K will then be on your right.)

Make the first LEFT onto Lyckan Parkway. This is before the traffic light

Turn into the FIRST driveway on the RIGHT. The building is the 3rd on the RIGHT

The numbers are clearly marked. Look for Building 500. The building is a one-story brick building

Suite 504