



# Colon Hydrotherapy

Glastonbury Naturopathic Center, 18 School Street, Glastonbury, CT 06033

Dr. Helene Pulnik, N.D., Medical Director

phone 860.657.4105

## Directions

### **PARKING INFORMATION**

Our driveway is located immediately to the left of our building at 18 School Street. To park, turn right into the driveway. Proceed right to the parking lot directly behind the house and follow the walkway to our front entrance. Reception is straight through the hallway on the first floor. Please do not park in the lot to the left of the driveway.

### **DIRECTIONS FROM POINTS NORTH, NORTHEAST AND WEST**

#### **From Points North:**

- » From Springfield area, take I-91 South to left-lane Exit 30, I-84 East/Route 2. Almost immediately, get off of I-84 East, taking Exit 55/Route 2 East.

#### **From Points Northeast:**

- » From Boston, take I-90 West to I-84 West: near Exit 57, move to center lane and take left-lane Exit 55/Route 2 East.
- » From Manchester, S. Windsor, & Vernon: take I-84 West to Exit 55/Route 2 East.

#### **From Points West:**

- » From Hartford, West Hartford & I-84 East, take I-84 East to Exit 55/Route 2 East.

#### **» *Directions from Route 2 East:***

- » Follow Route 2 East to Exit 6 - Griswold Street.
- » At the end of the ramp, turn right onto Griswold Street.
- » At the light, turn left onto Main Street. Proceed down Main Street through six lights.
- » After the stop sign at the intersection of Main Street & Hebron Avenue, proceed to second left and turn onto School Street.
- » Glastonbury Naturopathic Center is located at 18 School Street.



**DIRECTIONS FROM POINTS EAST:**

- » From New London, take 85 North to 11 North to Route 2 West.
- » From Providence, take Route 6 West, to 395 South, to Exit 82, to West Town Street, to Route 2 West.
- » From Norwich, take Route 2 West.

» ***Directions from Route 2 West:***

- » Follow Route 2 West to Exit 8 – Hebron Avenue.
- » At the light at the top of the ramp, turn right and immediately get in the left lane.
- » At the light, turn left onto Hebron Ave, 94 West, towards Glastonbury Center.
- » Proceed to the stop sign at intersection of Hebron Ave and Main Street.
- » Turn left onto Main Street and take the second left onto School Street.
- » Glastonbury Naturopathic Center is located at 18 School Street.

**DIRECTIONS FROM POINTS SOUTH:**

- » From New York & New Haven areas, take I-95 North to I-91 North.
- » From Danbury & Waterbury areas, take I-84 East to I-691 East. Take 691 East to I-91 North.

» ***Directions from I-91 North:***

- » From I-91 North: take Exit 25/26 – Route 3 North – Old Wethersfield/Glastonbury.
- » Stay in the left lane on the exit and go over the Putnam Bridge.
- » On the bridge, take the first exit on the right – Main Street/Glastonbury.
- » At the end of the exit ramp, turn left onto Glastonbury Boulevard.
- » At the light, turn right onto Main Street. Proceed down Main Street through six lights.
- » After the stop sign at the intersection of Main Street & Hebron Avenue, proceed to second left and turn onto School Street.
- » Glastonbury Naturopathic Center is located at 18 School Street.