

*Directions*

**From North**

I-35E South to Pennsylvania Ave. exit, left on Pennsylvania, which turns into Phalen Blvd. Cross over bridge and continue to Cayuga St. Turn left onto Cayuga St.

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**From South**

I-35E North to Pennsylvania Ave. exit, right on Pennsylvania, which turns into Phalen Blvd. Cross over bridge and continue to Cayuga St. Turn left onto Cayuga St.

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**From West**

I-94 East to I-35E North. I-35E North to Pennsylvania Ave. exit. Right on Pennsylvania, which turns into Phalen Blvd. Cross over bridge and continue to Cayuga St. Turn left onto Cayuga St.

**From East**

I-94 to Mounds Blvd. exit, take Mounds Blvd. north to 7th St. Turn left on 7th St. to Lafayette Road. Turn right on Lafayette to University Avenue. Left on University to Olive St. Go right on Olive to Phalen Blvd. Turn right on Phalen Blvd. to Cayuga St. Turn left onto Cayuga St.

**From East (alternate)**

I-94 West to 35E North. 35E North to Maryland Ave. exit. Turn right on Maryland Ave. to Payne Ave. Turn right on Payne Ave. to Phalen Blvd. Turn right on Phalen Blvd. to Cayuga St. Turn right onto Cayuga St.



*Directions for returning to major highways*

**To I-94 East:**

Proceed to stop sign at corner of Cayuga Street and Phalen Boulevard, turning right onto Phalen Boulevard. Turn left onto Olive Street. Proceed one block to stoplight and go left onto University Avenue. Take University to Lafayette Road. Right on Lafayette to 7th Street. Left on 7th Street to Mounds Boulevard. Right on Mounds Boulevard to the on ramp for I-94 East.

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**To I-94 West:**

Proceed to stop sign at corner of Cayuga Street and Phalen Boulevard, turning right onto Phalen Boulevard. Turn left onto Olive Street. Proceed one block to the stop light and make a right turn onto University Avenue. Continue on University to the second stop light and turn left at 12th Street. The I-94 West on-ramp will be on your immediate left

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**To Regions Hospital:**

Proceed to stop sign at corner of Cayuga Street and Phalen Boulevard, turning right onto Phalen Boulevard. Turn left onto Olive Street. Proceed one block to the stop light and make a right turn onto University Avenue. Continue on University to the second stop light and turn left at 12th Street. Proceed one block to Jackson Street and turn right to access the Regions Hospital parking ramp.

**To 35E North:**

Proceed to stop sign at corner of Cayuga Street and Phalen Boulevard, turning right onto Phalen Boulevard. Continue to the four-way stop. Continue straight and turn right onto the 35E North on-ramp.

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**To 35E South:**

Proceed to stop sign at corner of Cayuga Street and Phalen Boulevard, turning right onto Phalen Boulevard. Turn left onto Olive Street. Proceed one block to the stop light and make a right turn onto University Avenue. Continue on University to the second stop light and turn left at 12th Street. Follow the signs for 35E South along 12th Street for approximately four to five blocks to the 35E South on-ramp.

*401 Phalen Boulevard*

Adult & Seniors Health	Neuropsychology
Allergy & Asthma	Neurosurgery
Audiology & Hearing Aids	Otolaryngology (ENT)
Center for Dementia & Alzheimer's Care	Head & Neck Surgery
Dermatology	Physical Medicine & Rehabilitation
Endocrinology	Plastic & Hand Surgery
Eye Care	Rheumatology
Hand & Physical Therapy	Speech Pathology
Imaging Center	Spine Center
Infectious Disease	Surgery - General, Vascular
Infusion Therapy	Travel Medicine
Interventional Pain Management	
Kidney Health	On-site services include: Lab,
Lung & Sleep Health	Pharmacy, Optical Shop
Neurology	

*435 Phalen Boulevard*

Digestive Care - Endoscopy & Clinic  
Foot & Ankle Surgery/Podiatry  
Orthopaedic & Sports Medicine  
Same Day Surgery Center  
Urology