

# Sacred Heart Center for Health and Healing

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62 Portland Road Building 2, Unit 5 Kennebunk, ME • 207-467-3345 • (fax) 207-467-3403

## Directions

If you are using a GPS our physical address is:

***62 Portland Road, Kennebunk, Maine 04043***

This will only get you to our office complex. Please read entire directions to locate our office. Thank You.

*Building 2, Unit 5*

### **From the Maine Turnpike traveling from the South:**

Exit **Kennebunk** - Turn **left** after getting off the exit onto **Route 35**.

Go past **Kennebunk High School** to “the round a bout” and take **second exit** towards **Route 1**.

At traffic light make a **left onto Route 1** and travel **North**.

Go **through** the **1<sup>st</sup> traffic light** at Post Office and McDonald’s on your right (CVS on the left).

Go **through** the **2nd traffic light** with Kennebunk Savings Bank on your left.

Look for **62 Portland Road** (also called 62 Post Road) on your **left** - **Green sign with white letters**.

Turn into the **condominium complex** and take ***immediate right*** when you get into the complex. (*This is your 1<sup>st</sup> Yellow building on your Right*)

**Allstate** is on the corner, **we** are the next office on the **left**, park on the **right**.

### **From the Maine Turnpike traveling from the North:**

Exit **Biddeford** - Travel **straight** through the **traffic light** at the toll exit.

At the **next traffic light** turn **right** onto **Route 1** going **South** about **5 miles**.

Continue **South** through **several traffic lights**. Proceed **through** 4<sup>th</sup> Traffic light at Hannaford Supermarket.

Approximately  $\frac{1}{4}$  **mile** on **right**, there will be the sign for **62 Portland Road** (also called 62 Post Road) - **Green sign with white letters**.

Turn into the **condominium complex** and take ***immediate right*** when you get into the complex. (*This is your 1<sup>st</sup> Yellow building on your Right*)

**Allstate** is on the corner, **we** are the next office on the **left**, park on the **right**.