

DIRECTIONS TO:

Ann M. Silver, MS, RDN, CDE, CDN
Registered Dietitian+Nutritionist+Certified Diabetes Educator

East Hampton office

496 Sag Harbor Turnpike (Route 114), East Hampton, NY 11937

Phone: 631-324-1953

From East Hampton:

From the intersection of Stephen Hand's Path and Sag Harbor Turnpike (Route 114) on Route 114 heading north, the office is about one mile north (in the direction of Sag Harbor) on the west or left side of the road. (It is after the Goodfriend Park where the Ross school is.) There is a sign out front for "Perry Silver, DDS, Family Dentistry" and "496" is on the mailbox. Make a left into the driveway. (The driveway is just south of The East End Church of Christ. If you pass the sign for "The East End Church of Christ" you went too far.) Follow below*.

From Sag Harbor:

Take Sag Harbor Turnpike (Route 114) about 3 miles south of the village of Sag Harbor (in the direction of East Hampton). When you see the sign, "The East End Church of Christ" move into the right shoulder. Make a right at the driveway immediately after the sign for "Perry Silver, DDS, Family Dentistry" and the mailbox with "496". Follow below*.

From Riverhead:

Take Sunrise Highway Route 27 East which becomes County Road 39A East. Continue on County Road 39A and then follow the signs to Montauk Highway Route 27 East towards Montauk. Continue following directions from Southampton.

From Southampton:

Take Montauk Highway Route 27 East into the town of Wainscott. You will pass the Wainscott post office on the right. Further up on the left you will see a sign for the East Hampton Airport—make a left onto that road—Daniel's Hole Road (the road name changes to Wainscott Northwest Road) and take it to the very the end which is Sag Harbor Turnpike (Route 114). At Route 114 make a right turn, heading south. Continue for 0.9 miles (in the direction of East Hampton). When you see the sign, "The East End Church of Christ" move into the right shoulder. Make a right at the driveway immediately after the sign for "Perry Silver, DDS, Family Dentistry" and the mailbox with "496". Follow below*.

*496 is the first house on the right—tan house with blue shutters. Park and come to the front door. If the door is locked ring the doorbell otherwise just walk in.