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Reproductive Medicine Associates of Connecticut

## **Directions to RMA / Norwalk**

### **Traveling north on Route 15/Merritt Parkway**

Take Route 15 North to Exit 40B. Exit ramp will bring you onto Main Avenue. Get into the left lane, and make left turn at first traffic light immediately before Shell Station onto Glover Avenue. RMA-CT is the first building on your right, parking will be to your left.

### **Traveling south on Route 15/Merritt Parkway**

Take Route 15 South to Exit 40B. Bear left immediately off of the off ramp and proceed straight through the traffic light (just to the left of the Shell station). This is Glover Avenue. RMA-CT is the first building on your right, parking will be on your left.

### **Traveling north on Route 95**

Take 95 North to Exit 15 (Route 7). Take Route 7 to the end, approximately 3 miles. At light make a right. Continue straight (the Department of Motor Vehicles will be directly in front of you) and make a right onto Main Avenue. Proceed to the sixth traffic light (Shell Gas Station will be on the right) and make a right onto Glover Avenue. RMA-CT is the first building on your right, parking is located to the left.

### **Traveling south on Route 95**

Take 95 South to Exit 15 (Route 7). Take Route 7 to the end, approximately 3 miles. At light make a right. Continue straight (the Department of Motor Vehicles will be directly in front of you) and make a right onto Main Avenue. Proceed to the sixth traffic light (Shell Gas Station will be on the right) and make a right onto Glover Avenue. RMA-CT is the first building on your right, parking is located to the left.

### **Traveling from Westchester County**

Option 1: Take Route 287 East to Route 95 North. Follow instructions above for traveling north on Route 95.

Option 2: Take Route 287 East to the Hutchinson River Parkway North which becomes the Merritt Parkway in Connecticut. Follow instructions above for traveling north on the Merritt Parkway.

### **Traveling south on Route 7 from Danbury**

Take Route 7 South from Danbury. At the Wilton, Norwalk border, Route 7 becomes Main Avenue. Continue south on Main Avenue and passing Wal-Mart and the Hilton Garden Inn on your left. With the Tuscan Oven and Motor Vehicle on your left, continue south on Main Avenue; do not continue on Route 7 which turns right. Continue South on Main Avenue for six lights. At the sixth traffic light make a right turn onto Glover Avenue immediately after the Shell Station. RMA-CT is the first building on the right.

### **Metro North Train Station**

RMA-CT is located within walking distance from the Metro North Merritt 7 Station located on Glover Avenue in Norwalk. Please check with Metro North for scheduling details.

### **Parking**

Please park in the lot directly across the street from RMA-CT. A row is reserved for RMA-CT patients at the east end of the lot, along the river.