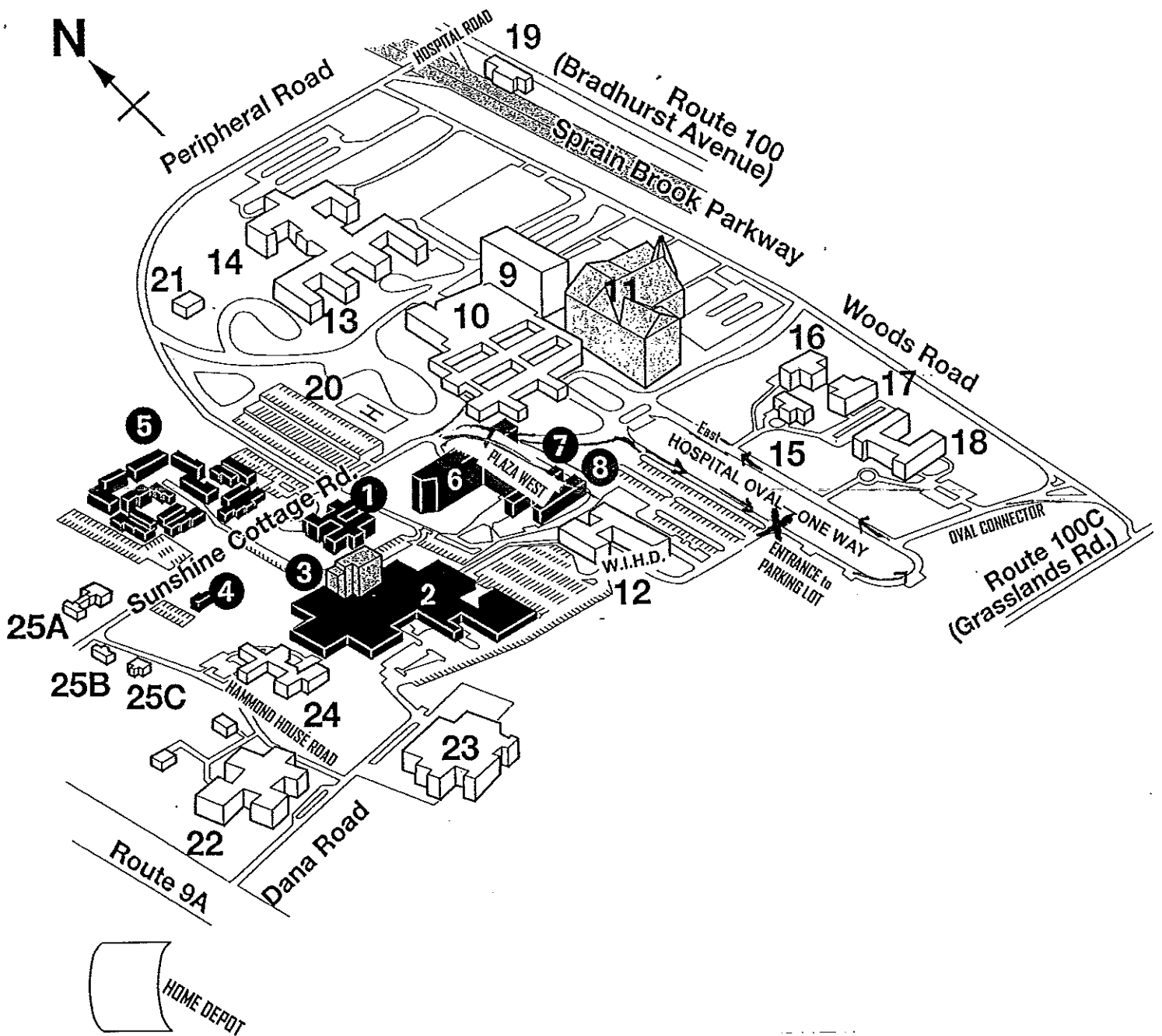


- 1. From New England:** New England Thruway (I-95) South or Merritt/Hutchinson River Pkwy South to I-287 West (Cross Westchester Expressway). Travel toward Tappan Zee Bridge, take Exit 3 for Taconic Pkwy/Sprain Brook Pkwy North.

☺ ☺ ☺ ☺ Continue North on the Sprain, to the Exit for Route 100 = the 2nd Exit for Westchester Medical Center [Blue H signs] Turn Left at end of ramp onto Hospital Rd. ■■■■ At the Stop Sign, go straight on Peripheral Rd. to the next Stop Sign. Turn Left onto Sunshine Cottage Road. Follow to **A**) Plaza West, Turn Right-- pass Munger Pavilion, Vosburgh Pavilion, then School of Public Health (30 Plaza West) on the right. Take ticket at the gate & continue past Cedarwood Hall/WIHD (20 Plaza West) to the Stop Sign. Turn Left to parking.

OR B) Continue on Sunshine Cottage Rd to Hospital Oval West. Turn Right onto Hospital Oval West. Turn Right at guard house/gate, into visitor Parking Lot, take ticket. WIHD/Cedarwood Hall is on opposite side of parking lot from Hosp. Oval West.
- 2. From Northern Westchester and Upstate New York via the Taconic Pkwy or the Saw Mill River Pkwy:** Traveling South, pick up Sprain Brook Parkway South. Take exit off the Sprain for Route 100/West. Med. Ctr. Turn Right at end of ramp onto Rte 100 (Bradhurst Ave.). Proceed approx. ¼ mile to traffic light, and turn Right onto Hospital Rd. Follow from ■■■■ above.
- 3. From New York City, Long Island, Southern Westchester via Bronx River Pkwy Northbound:** B.R. Pkwy to Virginia Rd (the 4th traffic light after the County Center in White Plains). Turn Left onto Virginia Rd to the fork at Route 100 and turn Right onto Rte 100. Continue up the hill, (pass Westchester Community College on the left) to the traffic light at Rte 100 and Bradhurst Ave. Turn Right onto Bradhurst Ave. and proceed 1.4 miles to the traffic light at Hospital Rd. Turn Left onto Hospital Rd. Follow from ■■■■ above.
- 4. From Upstate New York via I-684:** Take I-684 South to the Saw Mill River Pkwy and continue as in #2 above. Or Take I-684 South to the Cross Westchester Expressway West (I-287) to Exit 3 (Sprain North). Follow from ☺ ☺ ☺ ☺ above.
- 5. From Upstate New York Or Rockland County via the New York State Thruway South:** On I-87 South, cross the Tappan Zee Bridge into Westchester. Exit FAR Right for Saw Mill River Pkwy North. ▶▶▶ Take Eastview Exit # 23. At the light, turn Right. Bear Left to cont. on Old Saw Mill River Rd, which becomes Grasslands Rd. Turn Left at traffic light for Westchester Medical Center/Hospital Campus (see signs) onto Woods Road. Turn Left onto Oval Connector and merge Right (one-way road), onto Hospital Oval East. Turn Left at Stop Sign onto Sunshine Cottage Rd. then immediate Left onto Hospital Oval West. Turn Right into Parking Lot.
- 6. From New York City and Long Island:** Major Deegan Expressway North (I-87) (which becomes NYS Thruway) or Henry Hudson Parkway North (9A) to Saw Mill River Pkwy North. Follow from ▶▶▶ above.

WIHD
Westchester Institute for Human Development
Cedarwood Hall or 20 Plaza West
Valhalla, NY 10595-1681



WIHD = CEDARWOOD HALL
BUILDING #12 ON THIS MAP