

Directions to 200 S Service Road, Suite 212, Roslyn Heights NY 11577

From points North of LIE

Option 1: Take Searingtown Rd south. Use the 2 left lanes to turn left onto S Service Rd/Nassau Blvd (Follow signs towards LIE Eastbound entrance. If you get to the entrance for Northern State Parkway, you have gone too far.) Stay to the right on S Service Rd (do not take the on ramp to the LIE.) After approximately 0.75 miles, you will see the ProHealth/SolidCore/Soul Cycle building on your right. We are directly adjacent to this building and share a connecting parking lot. Please park in spaces designated for building 200 and 210.

Option 2: Take Mineola Ave south. Get in far right lane and continue straight through intersection/underpass of LIE. Just after the LIE, on the right you will pass a large Mobil gas station with a Tim Horton's. Make a right immediately after Tim Horton's onto the small uphill driveway as shown in photo below. Proceed up the hill. Building 200 will be just to the right at the top of the hill. Please park in spaces designated for building 200 and 210.



From points South of the LIE

Head north on Willis Ave. Just after the entrance to the Northern State Parkway, get in the left turn lane. You will see a small driveway just before the Tim Horton's/Mobil gas and a sign for ProHealth and 250 (see photo above). Turn into the driveway and proceed up the hill. Building 200 will be just to the right at the top of the hill. Please park in spaces designated for building 200 and 210.

From LIE Westbound: Take Exit 37 to Willis Ave. Turn left onto Mineola Ave/Willis Ave. You will pass a Mobil gas station with a Tin Horton's. Make a right immediately after Tim Horton's onto the small uphill driveway as shown in photo above. Proceed up the hill. Building 200 will be just to the right at the top of the hill. Please park in spaces designated for building 200 and 210.

From LIE Eastbound: Take Exit 36 (Searingtown Rd). Merge onto S Service Rd. Stay to the right on S Service Rd (do not take the on ramp to the LIE.) After approximately 0.75 miles, you will see the ProHealth/SolidCore/Soul Cycle building on your right. We are directly adjacent to this building and share a connecting parking lot. Please park in spaces designated for building 200 and 210.



Main Entrance

Take elevator or stairs up to 2nd floor. Go right down hallway and follow signs to Suite 212 at the end of the hallway.



Side Entrance

Closest to our suite, stairs only Take stairs up, first door on right at top.