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DIRECTIONS

From San Francisco (or Marin County):

Take the Bay Bridge from San Francisco (or the Richmond/ San Rafael Bridge from Marin). Follow signs to **580 East. Stay on 580 to the Fruitvale Avenue Exit.** At the end of the off ramp **turn left** at the stoplight onto Fruitvale and cross under the freeway. **After the second stoplight go three more blocks and turn right** (Fruitvale turns here also). Go **two blocks and turn left** onto Forest Hill Ave. Drive up the hill to 3978 Forest Hill Ave, which is on the right.

From Berkeley (or Walnut Creek area):

Take Ashby up past the Claremont Hotel to Tunnel Road from Berkeley (or Highway 24 West through the Caldecotte Tunnel from Walnut Creek area). Take **Highway 13 South** toward Hayward (note that this is after the turnoff to Highway 13 North to Berkeley if you are coming through the Caldecotte Tunnel). **Take Highway 13 South to the Joaquin Miller Road/Lincoln Ave Exit.** At the end of the off ramp **turn left**, go about 50 yards and **turn right onto Lincoln Ave.** Go 6/10 of a mile past two stop lights and turn right at the first **stop sign at Tiffin Road.** Go two blocks on Tiffin and **turn left onto Forest Hill Ave.** 3978 Forest Hill Ave is on the left.

From San Jose (or the Peninsula):

Take **880 North to 238 East**, then take **580 West** toward Oakland to **Highway 13 North.** Take the **San Joaquin Road/Lincoln Ave exit.** Turn left off the exit ramp, go over the freeway, onto Lincoln Ave. Go 6/10 of a mile past two stop lights and **turn right at the first stop sign at Tiffin Road.** Go two blocks on Tiffin and **turn left onto Forest Hill Ave.** 3978 Forest Hill Ave is on the left.

Directions to my office once you arrive:

Walk down the driveway on the left side of the house. Follow the path around the deck and you will see a door on your right that leads to my waiting room and restroom. I recommend arriving early the first time you come. Welcome.