



**From the North:**

Exit 405 freeway at Inglewood Blvd and go south to 190th St. Turn right past Prospect and down the hill to PCH. Left onto PCH for 2.5 miles. PCH veers left, South Elena cuts straight (there is a little sign that veers to the right just past Avenue H.) At Trader Joes, (2 short blocks) turn right on Avenida del Norte. 235 is on the right toward the end of large parking lot.

**From the South:**

Travel up PCH, and turn left onto Avenue I, then left on South Elena. Go one block and turn right on Avenida del Norte (at Trader Joes.) 235 is on the right, toward the end of large parking lot.

Park on the street or in the large parking lot. Then, walk between the two buildings on the street, past dentist's office and Indulgence Day Spa to the building in the back. Office is up the stairs, second floor above the acupuncture office.

# MINDBODYWELLNESS

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