

Directions
A Better You Hypnosis
400 West Cummings Park
Suite 1350
Woburn, MA 01801

From I-93 northbound (from Boston)

Take Exit 36 (Montvale Avenue), turn left at bottom of ramp. Pass under I-93 and travel two blocks toward Woburn. Turn right at lights (at Wendy's and gas station) onto Washington Street. Follow Washington Street about one mile through two traffic lights. 400 West Cummings Park is on the left, behind the Dunkin' Donuts. A Better You Hypnosis is down the right corridor, second door on left. Suite 1350.

From I-93 southbound (from NH) -

Take Exit 37 (I-95/Rt. 128 South toward Waltham). Follow I-95/Rt. 128 only 1/4 mile, take Exit 36 off I-95 (Washington Street). Turn right at bottom of ramp and then turn right again at top of hill onto Washington Street, crossing over I-95/Rt. 128. Continue approximately 1/4 mile to 400 West Cummings Park on the right, behind the Dunkin' Donuts. A Better You Hypnosis is down the right corridor, second door on left.

From I-95/Rt. 128 southbound (from Peabody) Take Exit 36 (Washington Street), turn right at bottom of ramp and then turn right again at top of hill onto Washington Street, crossing over I-95/Rt. 128. Continue approximately 1/4 mile to 400 West Cummings Park on the right, behind the Dunkin' Donuts. A Better You Hypnosis is down the right corridor, second door on left. Suite 1350.

From I-95/Rt. 128 northbound (from Waltham) -

Take Exit 36 (Washington Street), bear right at top of ramp. Follow Washington Street approximately 1/4 mile to 400 West Cummings Park on the right, behind the Dunkin' Donuts. A Better You Hypnosis is down the right corridor, second door on left. Suite 1350.

From Logan Airport -

Follow signs to the Sumner Tunnel into Boston. When exiting the tunnel, be in the left lane and take the ramp up to I-93 North. Take Exit 36 (Montvale Avenue) turn left at bottom of ramp. Pass under I-93 and travel two blocks toward Woburn. Turn right at lights (at Wendy's and gas station) onto

Washington Street. Follow Washington Street about one mile through two traffic lights. 400 West Cummings Park is on the left, behind the Dunkin' Donuts. A Better You Hypnosis is down the right corridor, second door on left. Suite 1350.