

Directions to:
Visceral Synergy & Advanced Immune Wellness
Lakeview Medical Dental Building
Suite 303
3216 NE 45th Pl
Seattle, WA 98105
Phone: 206-524-4010

By Bus

- Routes 25, 65, and 75 stop at the five way intersection of 45th St NE, Mary Gates Memorial Drive, Union Bay Place NE, and 45th Place NE.
- All routes stop less than one tenth of a mile from my office.
- For more information on how to reach my office by bus, visit the [Metro Online](#) site and use their Trip Planner.
- You may also call 206-553-3000 for information about riding Metro.

From I-5 North:

1. Take exit 171, NE 70th/65th St.
2. Go over the freeway and on to NE 70th St.
3. Turn right on to Roosevelt Way NE.
4. Turn left on to NE 65th St. It will take a while, but eventually you will come to 35th Ave NE. Turn right on to 35th.
5. 35th Ave NE eventually ends by curving to the right and becoming NE 45th Pl.
6. You'll pass under an overpass for the Burke-Gilman trail.
7. Lakeview Medical Building is immediately on the right.
8. Enter the very first parking lot you come to.
9. Walk through the back entrance (there are stairs and a ramp). You will see the interior garden. Take the first right you can, then the next left and take the stairs/elevator to the 3rd floor to get to the office (suite 303)
10. You might be tempted to take exit 169 and get onto NE 45th St. However, the traffic is so bad and the streets sufficiently tricky if you do this that it is actually likely to be quicker to go the 65th way outlined above.



From I-5 South:

1. Take Exit 169 (NE 50th St). This is a long exit - almost a mile – and serves 50th St NE as well as 45th.
2. Turn right onto NE 45th St. Continue on past the University, and down the viaduct (a long, steep hill).
3. At the bottom of the viaduct you will come to a traffic signal. Though you are making a shallow left hand turn, you will still be on NE 45th St.
4. Drive past University Village mall on your left.
5. Take a wide left on to NE 45th Place. The clinic is on your left side in less than a block, just before the overpass for the Burke-Gilman trail.
6. Pull into the lot past the building (the Lakeview Medical building, it is labeled).
7. Walk through the back entrance (there are stairs and a ramp). You will see the interior garden. Take the first right you can, then the next left and take the stairs/elevator to the 3rd floor to get to the office (suite 303)
8. Or seriously consider going one exit further north and getting off at NE 65th St. and following the directions from I-5 North.
9. The traffic is so bad and the streets sufficiently tricky that it is actually likely to be quicker to go around this way.



