

Directions to Dedham Health and Athletic Complex

200 Providence Highway

Dedham, MA 02026

781-326-2900

Office Hours: 8:00AM to 5:00PM Tuesday

<http://www.dedhamhealth.com>

FROM POINTS NORTH

- Take 95 South (128 South) to Exit 15A. (Route 1 North towards Dedham)
- Follow Route 1 North for approximately 2 miles.
 - As you proceed down Route 1, you will pass the Legacy Place shopping area on the right, the Dedham Plaza shopping area on the left (Best Buy will be on the right at those set of lights), and the Dedham Mall shopping area on the right (you will see Lowes and Sears on the right).
- At the next set of lights Uno restaurant will be on the right. Take a right. Go through the stop sign. Dedham Health and Athletic Complex will be facing you.

FROM POINTS SOUTH

- Take 95 North to 128 North.
- Take 128 North to Exit 15A. (Route 1 North towards Dedham).
- Follow Route 1 North for approximately 2 miles.
 - As you proceed down Route 1, you will pass the Legacy Place shopping area on the right, the Dedham Plaza shopping area on the left (Best Buy will be on the right at those set of lights), and the Dedham Mall shopping area on the right (you will see Lowes and Sears on the right).
- At the next set of lights Uno restaurant will be on the right. Take a right. Go through the stop sign. Dedham Health and Athletic Complex will be facing you.

FROM POINTS WEST

- Take the Massachusetts Turnpike East to Route 95 South (128 South).
- Take 128 South to Exit 15A. (Route 1 North towards Dedham).
- Follow Route 1 North for approximately 2 miles.
 - As you proceed down Route 1, you will pass the Legacy Place shopping area on the right, the Dedham Plaza shopping area on the left (Best Buy will be on the right at those set of lights), and the Dedham Mall shopping area on the right (you will see Lowes and Sears on the right).
- At the next set of lights Uno restaurant will be on the right. Take a right. Go through the stop sign. Dedham Health and Athletic Complex will be facing you.

FROM LOGAN AIRPORT

- Take 93 South to the Massachusetts Turnpike, Points West.
- Take the Turnpike to Route 95 South (128 South) to Exit 15A (Route 1 North towards Dedham).
- Follow Route 1 North for approximately 2 miles.
 - As you proceed down Route 1, you will pass the Legacy Place shopping area on the right, the Dedham Plaza shopping area on the left (Best Buy will be on the right at those set of lights), and the Dedham Mall shopping area on the right (you will see Lowes and Sears on the right).
- At the next set of lights Uno restaurant will be on the right. Take a right. Go through the stop sign. Dedham Health and Athletic Complex will be facing you.

FROM Exit 15A

- Follow Route 1 straight for approximately 2 miles (Dedham Health and Athletic Complex is approximately 2 miles from Exit 15A)
- Follow Route 1 straight
- Follow Route 1 North for approximately 2 miles.
 - As you proceed down Route 1, you will pass the Legacy Place shopping area on the right, the Dedham Plaza shopping area on the left (Best Buy will be on the right at those set of lights), and the Dedham Mall shopping area on the right (you will see Lowes and Sears on the right).
- At the next set of lights Uno restaurant will be on the right. Take a right. Go through the stop sign. Dedham Health and Athletic Complex will be facing you.