

## **From Long Island to HealthPoint Nutrition**

LIE or Northern State to Cross Island Pkwy (towards Whitestone Bridge)  
Eventually you will see signs for Bridge or Whitestone Expy - get over to the left and follow the sign to Whitestone Expy

Take the Whitestone Expy to LINDEN PLACE exit  
Make a right at the next light (near the Multiplex)

The street will come to an end, forcing you to make a left turn  
You are now on 28th Avenue

Take 28th Ave and at the second light, make a very sharp right onto 123rd Street

Take 123rd Street to the second stop sign  
We are on the far left corner of 25th Road and 123rd Street

Use our entrance down the ramp on the 123rd St side of the bldg, or buzz in at the front door if you require the elevator.

122-15 25<sup>th</sup> Road  
Lower Level (Suite B3)  
Flushing, NY 11354  
(718) 358-1155