

August 19, 2008 - Raleigh - NC Psychological Foundation Conference Room #105Phone: 919.872.1005 www.ncpsychology.org**COMING FROM THE WEST (Chapel Hill, Greensboro, etc.)**

- Take I-40 to exit 289, and take this road to the Raleigh Beltline (#440 North). Take 440 North to the Wake Forest Road exit (exit #10/some signs say Wake Forest Road). At the bottom of the exit, turn left onto Wake Forest Road.
- Take Wake Forest Road several blocks - you will pass Raleigh Community Hospital on your right and the North Raleigh Hilton on your left.
- Just past the Hilton is the intersection with St. Albans Drive. Go through this intersection staying on Wake Forest Road and getting into the left lane. The next traffic light is the intersection with Dresser Court.
- Turn left onto Dresser Court. Take Dresser one block to the intersection with Benson Drive. The building is on the far left corner of the intersection. Go through the intersection and turn into the driveway just past the intersection. There is a sign that says Dresser Court Professional Building.

COMING FROM THE EAST (Wilmington, etc.)

- Take I-40 to exit 301 which will become 440 (Beltline), stay on it until you come to the Wake Forest Road exit (exit #10/some signs say Wake Forest Road) which is the next exit after the Capital Blvd. Exit so you want to be in the far right lane. At the bottom of the exit, turn right onto Wake Forest Road and start merging over to the left lane.
- Take Wake Forest Road several blocks - you will pass Raleigh Community Hospital on your right and the North Raleigh Hilton on your left.
- Just past the Hilton is the intersection with St. Albans Drive. Go through this intersection staying on Wake Forest Road and getting into the left lane. The next traffic light is the intersection with Dresser Court.
- Turn left onto Dresser Court. Take Dresser one block to the intersection with Benson Drive. The building is on the far left corner of the intersection. Go through the intersection and turn into the driveway just past the intersection. There is a sign that says Dresser Court Professional Building.

COMING FROM THE EAST (Rocky Mount, Greenville, etc.)

- As you come into Raleigh, get on the Raleigh Beltline (#440 and also #'s 64 and 70) heading North/West. Take the beltline to the Wake Forest Road exit (exit #10). Get off and turn right at the bottom of the ramp. Follow the directions above, beginning with the second paragraph.

August 1, 2008 - Hickory - Park Inn Gateway Conference Center

Phone: 828.328.5101 or 800.789.0686

Website: www.parkinn.com/hickorync for a map/directions**RALEIGH, DURHAM & POINTS EAST**

- I-40 West to exit 123 (Lincolnton, Hickory, Lenoir Exit) follow route 321 N (exit 123 B) to Hickory, Lenoir, Take exit 44 (first exit) Hickory exit and follow ramp to stoplight, take right onto HWY 70. Gateway Conference Center is immediately on right.

ASHEVILLE & POINTS WEST

- I-40 East to exit 123 B (Hickory, Lenoir exit) and follow signs to 321 North. **WATCH THE SIGNAGE** this is a clover loop. Follow Highway 321 N to Hickory exit (approx. ¼ mile) in order to get to Hwy 70, exit 44. Follow ramp to stoplight, this is Hwy 70. Take right on Hwy 70 and Gateway Conference Center is on your right

CHARLOTTE & POINTS SOUTH

- Follow signs to I-77 North to Statesville. From I-77 North in Statesville take right exit loop to I-40 west for Hickory. Take exit 123 (Lincolnton, Hickory, Lenoir exit) following route 321 North - exit 123 B(Hickory, Lenoir). Take the first exit (#44 - Hickory) and follow ramp to stoplight. Take a right onto HWY 70 and Gateway Conference Center is on your right.

BOONE, BLOWING ROCK, & POINTS NORTH

- From Boone follow signs to Hwy 321 S to Hickory (approx. 90 miles). Take exit 44 (Hildebran/Hickory exit) and follow ramp to stoplight. Take a left at light to HWY 70 and go through one stoplight, continue straight and Gateway Conference Center is on your right

September 23, 2008 - Asheville - MAHEC (room CR #5)**FROM I-40 EASTBOUND**, take Exit 50 and turn left onto Biltmore Avenue.**FROM I-40 WESTBOUND**, take Exit 50(B) onto Biltmore Avenue.

- Stay in the right-hand lane through 5 traffic lights. At the 6th traffic light, turn left at the Mission Hospitals' emergency entrance. Take an immediate right and turn right again into MAHEC's parking deck.
- If the deck is full, please cross the bridge to our Blue parking lot. For directions from Tennessee, please call 828-257-4400 or visit our website www.mahec.net.