

Driving Directions to Restored Balance Integrated Health Services

From North:

Take Interstate 83 south to Exit 15 (S. George Street). Upon exiting, you will travel approximately 2 miles on the exit ramp. (No kidding, a 2 mile long exit ramp). At the end of the ramp, there will be a traffic light where the ramp merges onto S. George Street. Proceed through that light and the following light (at the entrance to the York Hospital). Move to the left-hand lane if not already there. At the third traffic light, turn left onto Country Club Road. Proceed exactly 1 mile to the traffic light at Richland Avenue (you will go through a traffic light at Grantley Road before you reach Richland Ave.). Turn right onto Richland Avenue and immediately move to the left turn lane. Turn left onto Colonial Avenue. We are the building on your left at the corner of Richland Avenue and Colonial Avenue. Look for our white and blue sign along the road and on the front of the building. The number 924-A is on the front door.

From South:

Take Interstate 83 North to Exit 15 (South George Street). Once you exit, follow the directions outlined above.

From North West (Dover Area):

Take Route 74 South (Carlisle Avenue) into York. At the intersection of Carlisle Ave and Route 462 (Market Street), stay right and turn onto Market Street heading west. Move immediately to the left lane. Turn left at first traffic light onto Richland Avenue. Travel exactly 1 mile (you will pass through 5 traffic lights.) Just beyond the fifth traffic light (Rutter's on the corner), you will be turning right onto Colonial Avenue. We are the building on your left at the corner of Richland Avenue and Colonial Avenue. Look for our white and blue sign along the road and on the front of the building. The number 924-A is on the front door.

From East:

Take Route 30 West from Lancaster. Exit Route 30 onto Interstate 83 South. Follow the "**From North**" directions above since Route 30 crosses Interstate 83 just north of the city of York.

From West:

Take Route 30 East (Lincoln Highway) from Gettysburg. Exit Route 30 onto Route 462 East (W. Market Street). Travel approximately 3.3 miles to the traffic light at the corner of Richland Avenue and W. Market Street. Print-O-Stat is on left at the Corner). Turn right onto Richland Avenue. Travel exactly 1 mile (you will pass through 5 traffic lights.) Just beyond the fifth traffic light (Rutter's on the corner), you will be turning right onto Colonial Avenue. We are the building on your left at the corner of Richland Avenue and Colonial Avenue. Look for our white and blue sign along the road and on the front of the building. The number 924-A is on the front door.