

# **CHILDREN'S & WOMEN'S PHYSICIAN'S OF WESTCHESTER**

**CHILDREN'S MEDICAL GROUP  
104 FULTON AVENUE  
POUGHKEEPSIE, NY 12603**

## **Using Route 55 (LaGrange, NY Area)**

Take Rt. 55 West to Poughkeepsie. Stay in middle lane when 3 lanes start. The left lane turns off and the middle lane becomes the left lane. Stay in that lane and make a LEFT turn at the first stop light (Raymond Ave. Extension). Holy Trinity Church will be in front of you to the left. Follow down to 3 rd light and make RIGHT at 3 rd light onto Fulton Ave. Office is halfway up the block on the left side. #104 is the 2-story green and brick building on the left side of the parking lot.

## **Using Route 44 (Pleasant Valley, NY Area)**

Take Rt. 44 West into Poughkeepsie. Stay in left lane and bear to the left at Y by Burger King on the right. Sign will say Main Street – continue on Main Street/ Go to 2nd light (Smokes 4 Less on left). Make LEFT onto Raymond Ave. Go to 2nd light and make RIGHT onto Fulton Ave. Office is halfway up the block on the left side. #104 is the 2-story green and brick building on the left side of the parking lot.

## **From the NORTH (Hyde Park/Rhinebeck, NY Area)**

Take Rt. 9 South to the Church St. Exit. (Left lane exit) Follow exit around to get onto Church Street (Rt. 44/55/East) Go to 11th light (Grand Ave). Make RIGHT onto Grand Ave. Continue on Grand to 1st light. Make LEFT onto Fulton Ave. Office is halfway up the block on the right side. #104 is the 2-story green and brick building on the left side of the parking lot.

## **From the SOUTH (Wappingers, Fishkill, Beacon, NY Area)**

Take Rt. 9 North to Vassar Road (by S. Hills Mall and Burger King) Make RIGHT turn onto Vassar Rod and follow straight to Poughkeepsie. Vassar Rd. turns into Rt. 376 and then Hooker Ave. Continue STRAGHT ALL THE WAY. When 2 lanes begin, stay in the left lane and go straight. Make RIGHT onto Grand Avenue (7-11 store on the right). Go to 2nd light and make a RIGHT onto Fulton Ave. Office is halfway up the block on the left side. #104 is the 2-story green and brick building on the left side of the parking lot.