

Dr. Kerri Stasiak, ND and Naturopathic Wellness Solutions LLC are located at:

The Wellness Institute  
1 Westport Avenue  
Norwalk, Connecticut 06851

Corner of East Avenue and Westport Avenue (Route US-1).

**Directions:**

**I-95: Exit 16 East Norwalk**

*Traveling North (from New York):* turn left at the end of the ramp onto East Avenue.

*Traveling South (from New Haven/Hartford):* turn right at the end of the ramp onto East Avenue.

Once on East Avenue from either direction: Stay in the right-hand lane for about 1.5 miles through several traffic lights. You will pass a six-road intersection and a small park with a gazebo.

Turn right at the traffic light onto Westport Avenue (Route US-1) and make an immediate left into our parking lot. (This is a very busy intersection, so please be careful).

**Merritt Parkway:**

*Traveling North (from New York):* Get off at Exit 40A for Main Avenue. At the end of the ramp make a right onto Main Ave.

*Traveling South (from Milford/New Haven):* Get off at exit 40B for Main Avenue. Bear left towards the light and make a left onto Main Avenue.

Once on Main Avenue from either direction: Continue South on Main Ave until you reach North Avenue (Route US-1) and make a left onto it. Go through the 3rd light and make the first left into our parking lot.

Street parking is also available on East Avenue, in front of the building. Our office is on the first floor in the blue house located on the corner of East Avenue and Westport Avenue (Route US-1).