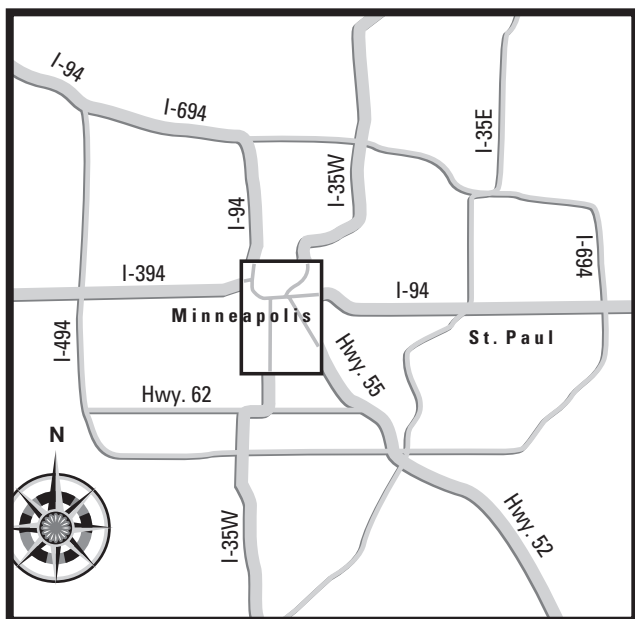


# Getting to and from Abbott Northwestern's Institute for Health and Healing



## From the east on I-94

Exit I-94 at Cedar Avenue (Exit 234C), turn left. Follow Cedar Avenue (Cedar veers to the right at the traffic lights) to East 26th Street and turn right. Follow 26th Street to Chicago Avenue, turn left. Proceed to East 28th Street and turn left. You will need to get into the far right lane. Turn right into the ramp. ■ **Leaving the clinic:**\* Exit the parking ramp and turn right onto 28th Street. You will need to get into the far left lane, then turn left onto South 10th Avenue and proceed to East 26th Street. Turn left onto 26th Street and proceed to South 5th Avenue. Turn right on 5th Avenue. Proceed north on 5th Avenue across East Franklin Avenue to I-94 East entrance ramp.

## From the north on I-35W

Exit I-35W at the Hiawatha/Highway 55 Exit (Exit 17A). Follow Hiawatha/Highway 55 to East 26th Street. Turn right onto 26th Street and proceed to Chicago Avenue. Turn left onto Chicago Avenue and proceed to East 28th Street. Turn left onto 28th Street. You will need to get into the far right lane. Turn right into the ramp. ■ **Leaving the clinic:**\* Exit the parking ramp, turning right onto East 28th Street. Proceed to Hiawatha. Turn left and follow the signs to I-35W North.

## From the northwest on I-94

Exit I-94 at the Hiawatha/Highway 55 Exit (Exit 234A). Follow Hiawatha/Highway 55 to East 26th Street. Turn right onto 26th Street and proceed to Chicago Avenue. Turn left onto Chicago Avenue and proceed to East 28th Street. Turn left onto 28th Street. You will need to get into the far right lane. Turn right into the ramp. ■ **Leaving the clinic:**\* Exit the parking ramp, turning right onto East 28th Street. Proceed to Hiawatha. Turn left and follow the signs to I-94 West.

## From the west on I-394

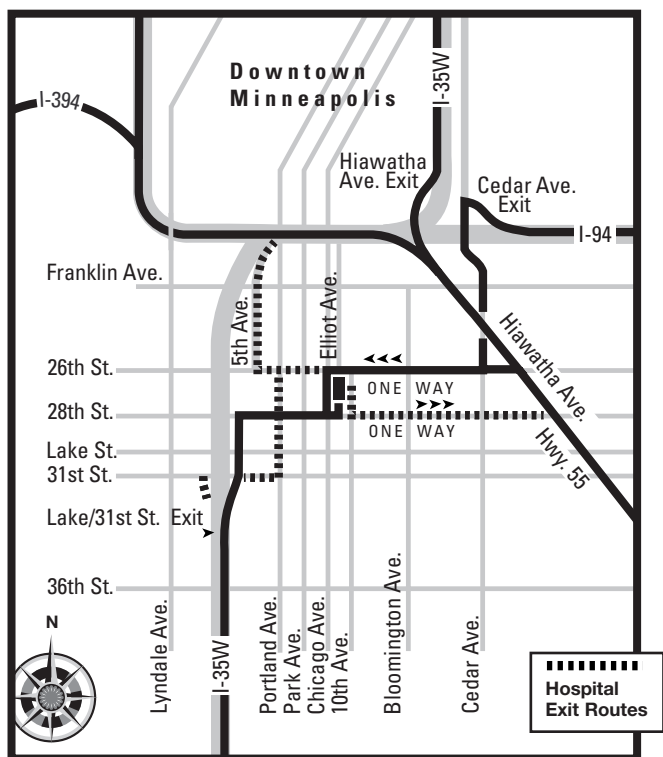
Follow I-394 to I-94 East (Exit 8B). Exit I-94 at the Hiawatha/Highway 55 Exit (Exit 234A). Follow Hiawatha/Highway 55 to East 26th Street. Turn right onto 26th Street and proceed to Chicago Avenue. Turn left onto Chicago Avenue and proceed to East 28th Street. Turn left onto 28th Street. You will need to get into the far right lane. Turn right into the ramp. ■ **Leaving the clinic:**\* Exit the parking ramp, turning right onto East 28th Street. Proceed to Hiawatha. Turn left and follow the signs to I-94 West, then to I-394 West (Exit 231A).

## From the south on I-35W

Exit I-35W at the 31st Street/Lake Street Exit (Exit 15). Proceed north on the frontage road (which is South 2nd Avenue). Turn right onto East 28th Street and proceed to Chicago Avenue. Cross Chicago Avenue and immediately turn right into the ramp. ■ **Leaving the clinic:**\* Exit the parking ramp, turning right onto East 28th Street. Turn left onto South 10th Avenue and left again onto East 26th Street. Proceed to Portland Avenue. Turn left onto Portland Avenue, proceed to East 31st Street and turn right onto 31st Street. Go under the interstate and turn left immediately onto the I-35W South on-ramp.

## From the southeast on Hiawatha/Highway 55

Turn left off Hiawatha/Highway 55 onto East 26th Street. Follow 26th Street to Chicago Avenue, turn left. Proceed to East 28th Street and turn left. You will need to get into the far right lane and turn right into the ramp. ■ **Leaving the clinic:**\* Exit the parking ramp, turning right onto East 28th Street. Follow 28th Street to Hiawatha, turn right.



**Please note:** Maps and directions are subject to change due to road construction by the Minnesota Department of Transportation and expansion on the Abbott Northwestern campus. For up-to-date information, go to [www.dot.state.mn.us/tmc/trafficinfo](http://www.dot.state.mn.us/tmc/trafficinfo) or call Abbott Northwestern's directions line at 612-863-5550.

\*Note that visitors **must** enter/exit the Employee/Contract Ramp from 28th Street. The Chicago Avenue entrance/exit is for contract parking only.

# Welcome to Abbott Northwestern's Institute for Health and Healing

This campus guide is designed to help you find your way to the Institute for Health and Healing as easily and quickly as possible. Do not hesitate to ask an employee or volunteer for directions if you need them.

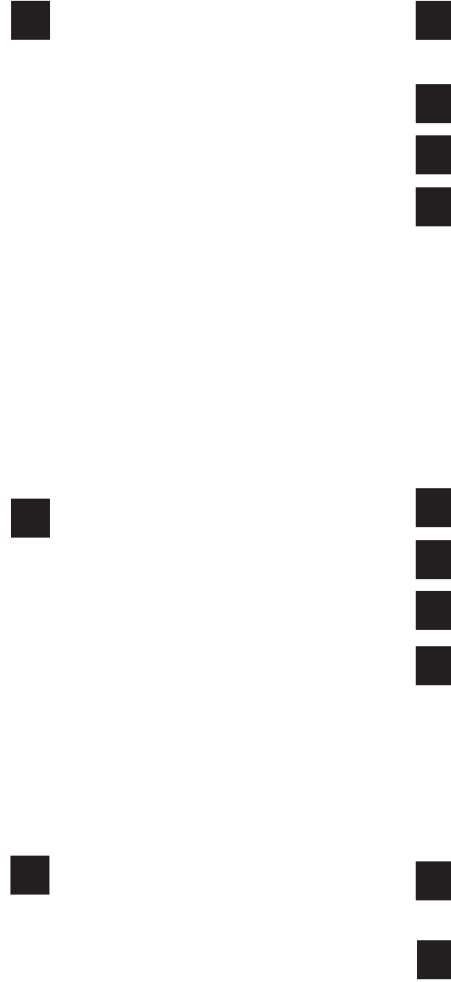
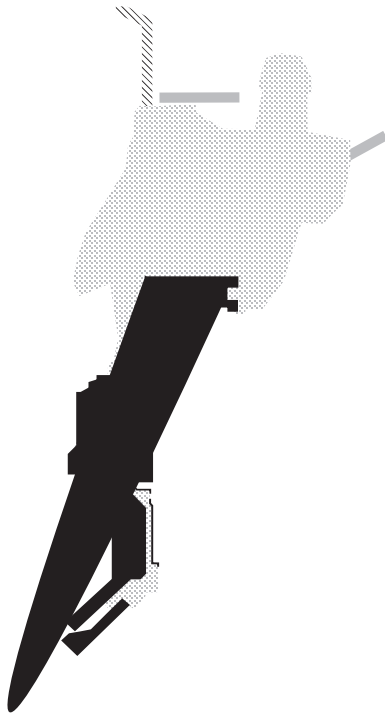
## Parking

Ramp parking is available in the Employee/Contract Ramp. Visitors must enter and exit the ramp from 28th Street. The Chicago Avenue entrance/exit is for contract parking only.

When you enter the ramp, you will be issued a ticket. Bring that ticket with you to the appointment for an explanation of how to use the parking ramp's automated payment system.

## Entrance—Institute for Health and Healing

The entrance to Abbott Northwestern's Institute for Health and Healing is located near the elevators on the first floor of the ramp. The elevators are near the corner of Chicago Avenue and 28th Street. Go to the first floor and immediately turn right when you exit the elevators.



ABBOTT  
NORTHWESTERN  
HOSPITAL

*Allina Hospitals & Clinics*