

Dr. Mike Um ND, HBSc.

Dr. Mary Magnotta ND, MSc. HBSc.

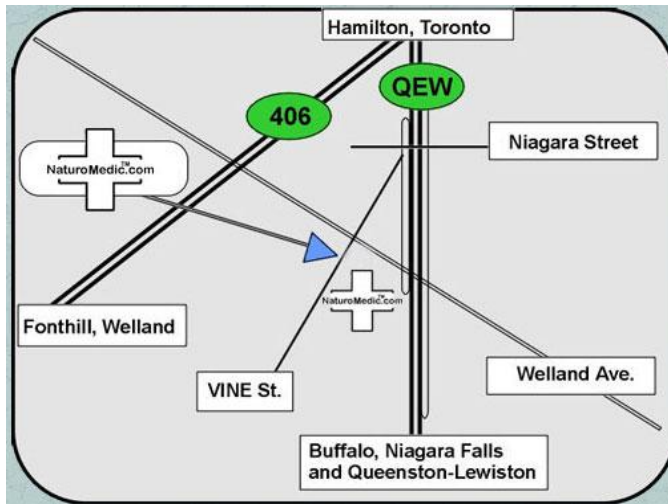
Dr. Michael A. Prytula ND



296 Welland Avenue  
St. Catharines, Ontario, L2R 7L9  
Phone:(905) 684-4934  
Fax:(905) 684-1849

[www.Naturomedic.com](http://www.Naturomedic.com)

## **DIRECTIONS TO NATUROMEDIC™.COM:**



### **From Buffalo N.Y & Ft. Erie:**

- Peace Bridge turns into QEW
- QEW to St. Catharines
- In St. Catharines, take first exit (Niagara St. and Service Rd.) over the Garden City Skyway
  - Turn left at first set of lights onto Welland Ave., go straight through one set of lights then turn left onto Vine St. and left again to enter our parking lot
  - (Only 25 minutes from the bridge)

### **From Toronto, Hamilton & Grimsby:**

- QEW to St. Catharines
- In St. Catharines, exit Niagara Street and stay on South Service Rd.
- Turn right at first set of lights onto Welland Ave.,
- Next set of lights, turn left onto Vine St.
- Naturomedic™.com is on the corner, enter our parking lot

### **From Fonthill, Welland & Port Colbourne:**

- Hwy 58 to Hwy 406 to St. Catharines
- Exit on Fourth Ave.
- Turn right onto Fourth Ave.
- Go straight through to Vine St. which is close to the QEW
- Naturomedic™.com is on the corner of Vine St. and Welland Ave.

### **From Niagara Falls, Ontario & Niagara Falls, NY:**

- Rainbow Bridge turns into Hwy 420 to QEW to Toronto
- In St. Catharines, take first exit (Niagara St. and Service Rd.) over the Garden City Skyway
- Turn left at first set of lights onto Welland Ave., go straight through one set of lights then turn left onto Vine St. and left again to enter our parking lot
- (Only 15 minutes from the bridge)

**Dr. Mike Um ND, HBSc.**  
**Dr. Mary Magnotta ND, MSc. HBSc.**  
**Dr. Michael A. Prytula ND**



296 Welland Avenue  
St. Catharines, Ontario, L2R 7L9  
**Phone:**(905) 684-4934  
**Fax:**(905) 684-1849

**[www.Naturomedic.com](http://www.Naturomedic.com)**

---

**From Queenston Ont. & Lewiston N.Y.:**

- Bridge turn into Hwy 405
- Take Hwy 405 to QEW
- QEW to St. Catharines
- In St. Catharines, take first exit (Niagara St. and Service Rd) over the Garden City Skyway
- Turn left at first set of lights onto Welland Ave., go straight through one set of lights then turn left onto Vine St. and left again to enter our parking lot
- (Only 10 minutes from the bridge)

**We look forward to seeing you soon!**