

## **ACTIVE FOOT & ANKLE CARE, LLC**

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### **Englewood Office**

Grand-Garret Medical Building  
140 Grand Avenue  
Suite 1  
Englewood, NJ 07631  
201-569-7672

**Parking** is in the parking lot next to the office against building (first six spaces) or behind our office located at the corner of Grand and Garrett. Enter our office through the front entrance on Grand Avenue.

**Garden State Parkway North or Route 4 East:** North to Exit 161 (Route 4 East, Paramus). Proceed about three miles. See exit sign on right Grand Avenue: Leonia/Englewood, take the second Grand Avenue exit sign for Grand Avenue/Englewood. At stop sign, make a right. At the next sign, make another right onto Grand Avenue. The doctor's office is five blocks on the left.

**Garden State Parkway South:** South to Exit 163 (Route 17 South). Proceed about one mile. Stay in right lane and exit onto Route 4 East, Ft. Lee/New York. See directions above.

**Interstate 95 North (New Jersey Turnpike):** Stay to right for Local Exit lanes toward Englewood and George Washington Bridge. Take Exit 71 Broad Avenue-Leonia/Englewood. Off the exit ramp, turn right onto Broad Avenue. At second light, turn left onto Van Nostrand. At the next light, turn right onto Grand Avenue. The doctor's office is five blocks on the left.

**Interstate 80 East:** Stay right for Local Exit lanes; merge with I-95 North. See directions for I-95 above.

**Palisades Interstate Parkway:** South to Exit 1 (Palisades Avenue). Turn right off exit onto Palisades Avenue. Continue until one block past Grand Avenue and turn left onto Dean Street (Liberty Travel on corner). Go three blocks and turn left onto Linden Avenue. Take the next left turn onto Grand Avenue (one way street). The doctor's office is one block on the left.

**George Washington Bridge or Route 4 West:** Take upper or lower level (upper preferred) and stay in middle lanes. Follow signs for Route 4. See exit sign for Grand Avenue: Englewood/Leonia. Take the first Grand Avenue exit. Continue straight ahead on Grand Avenue (one way street). The doctor's office is five blocks on the left.

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