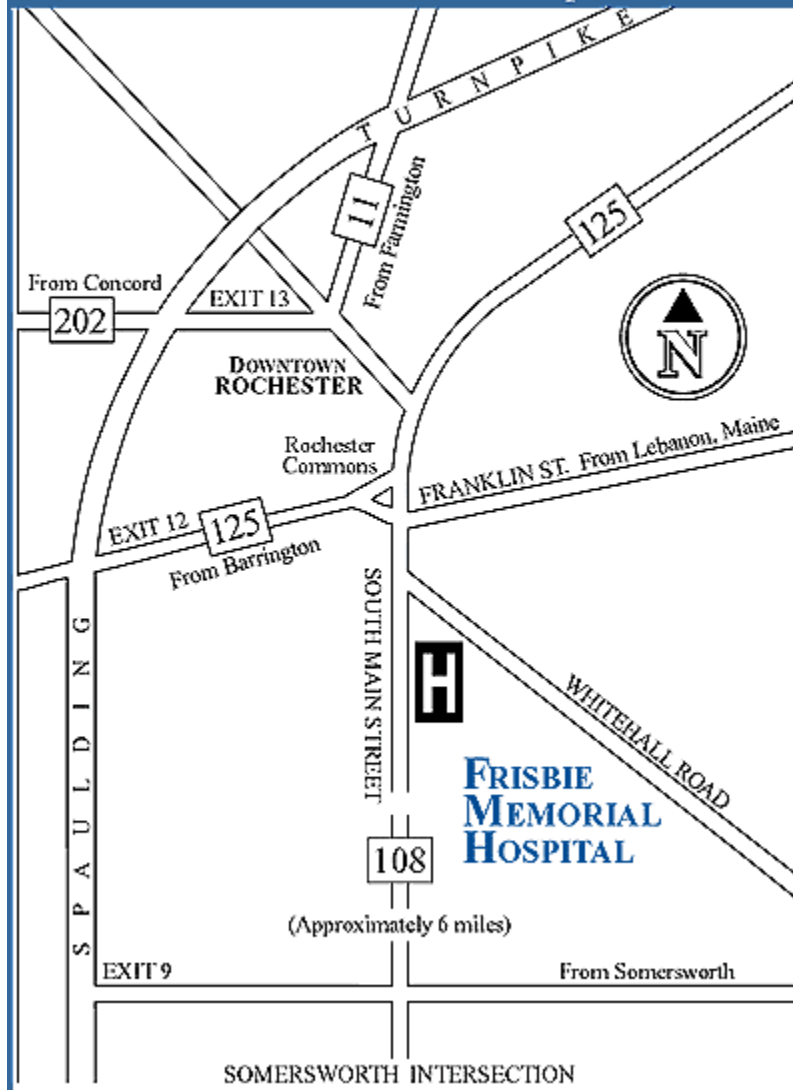


How To Get To Frisbie Memorial Hospital



FROM LOGAN AIRPORT: Take Route 1A North, approximately 10 miles to Peabody and bear right onto Route 95 North. Drive 15 miles to fork at Exit 4 and bear left for the Spaulding Turnpike. Follow Spaulding Turnpike to Exit 12 (Route 125). At the end of the ramp, bear right onto Route 125 North toward Rochester. Continue on 125 North to the fifth set of lights and turn right onto South Main Street. Frisbie Memorial Hospital is approximately 1/2 mile on the left.

FROM PORTLAND, ME: Take Route 95 South to Exit 4 (Biddeford) to Route 111 West. Follow Route 111 for 30 to 40 minutes to Route 202 South. Look for Minor's Restaurant on the left. Go over the bridge and turn left at the intersection by Cumberland Farms. Proceed through the first intersection and bear left at the fork in the road. Go to the end of this road and turn left onto South Main Street. Frisbie Memorial Hospital is approximately 1/2 mile on the left.

FROM MANCHESTER, NH: Take Route 293 East to Route 93 North. Drive about two miles and take exit for Route 101 East. Take exit for Route 125 and turn left at the end of ramp onto Route 125 North. Proceed on 125 N. for approximately 30 minutes into Rochester. You will pass under the Spaulding Turnpike as you enter Rochester. At the fifth set of lights turn right onto South Main Street. Frisbie Memorial Hospital is approximately 1/2 mile on the left.

TO THE COMMUNITY EDUCATION & CONFERENCE CENTER (CECC): Enter at the Main Entrance. Take an immediate right turn. Follow the drive up the hill to the right. Turn right into the parking lot at the top of the hill. The CECC is the only building in that parking lot. The CECC has an arched copper canopy over the entrance.

