



2020 Commonwealth Ave, Suite 110
Newton, MA 02466
617.244.6900

Directions to Perfect Postures

From the North:

Take I-95 South. Take Exit 24 and turn **RIGHT** onto MA-30 E/Commonwealth Avenue. Follow Commonwealth Avenue and after you pass the Star Market on your right, we will be located in a two story brick building on the **RIGHT**.

From the South:

Take I-95 North. Take Exit 21 towards to merge onto MA-16E/Washington Street towards West Newton. Drive about 1 mile then, turn **LEFT** onto MA-30/Commonwealth Ave. Follow Commonwealth Avenue and after you go over the I-90 Overpass, we will located in the two story brick building on the **LEFT**.

From the East:

Take I-90 West. Take Exit 16 toward Newton. At the top of the ramp, turn **RIGHT** onto MA-16/Washington Street. At the 3rd light, take a **RIGHT** onto Auburn Street. At the next light, take a **RIGHT** onto Commonwealth Avenue. After you go across the I-90 overpass, we will be located in the two story brick building on the **LEFT**.

From the West:

Take I-90 East. Take Exit 14 for I-95 North. Take Exit 24 for Route 30 toward Newton. Turn **RIGHT** onto MA-30/Commonwealth Ave. Follow Commonwealth Avenue and after you pass the Star Market on your right, we will be located in the two story brick building on the **RIGHT**.