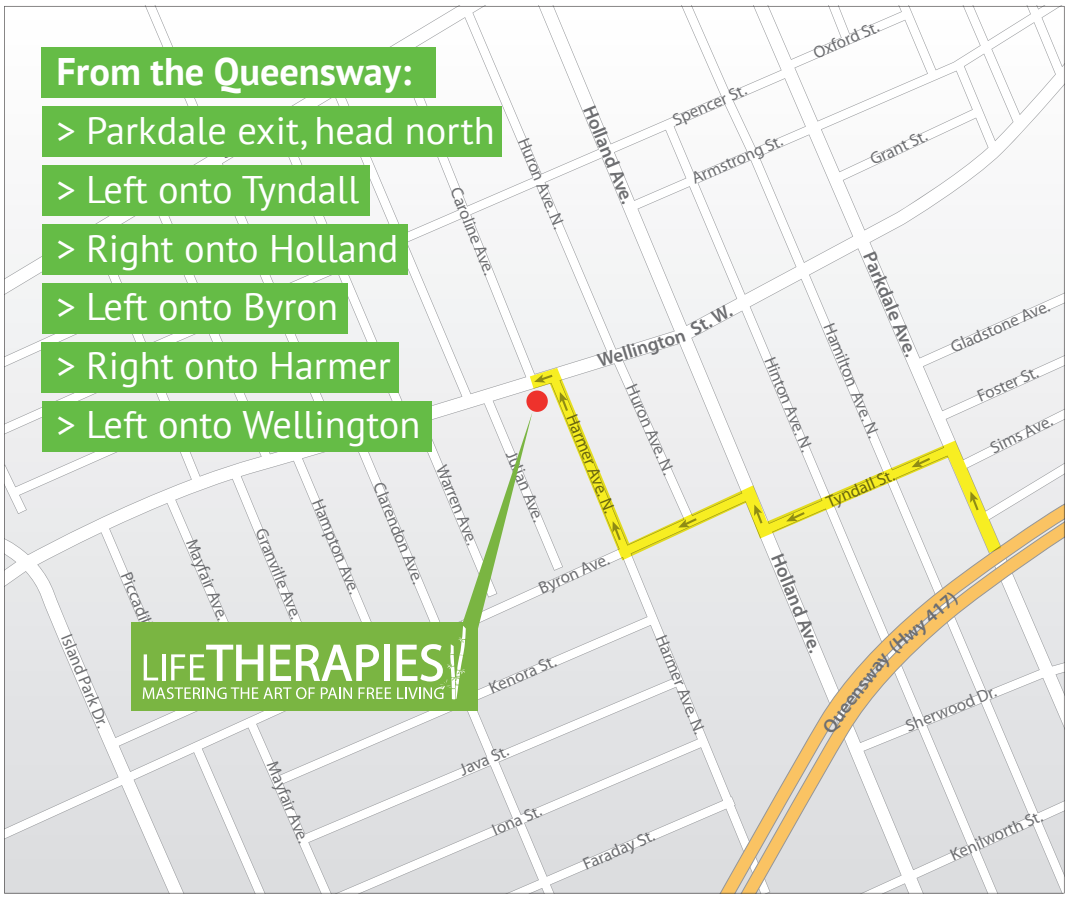
From the Parkway:
> Parkdale exit, head south
> Right onto Scott
> Left onto Holland
> Right onto Wellington
Sir John A. MacDonald Parkway
Parkdale Ave.
Scott St.
Holland Ave.
Wellington St W
Transitway
Burnside Ave.
Forward Ave.
Hinchley Ave.
Carruthers Ave.
Pinehurst Ave.
Oxford St.
Spencer St.
Armstrong St.
Caroline Ave.
Huron Ave. N.
Smith Ave.
Ross Ave.
Gilchrist Ave.
Western Ave.
Gould St.
Rockhurst Rd.
Garrison St.
Island Park Dr.
Hamilton Ave. N.
Hinton Ave. N.
Julian Av
Harmer Av
LIFETHERAPIES
MASTERING THE ART OF PAIN FREE LIVING


From the Queensway:
> Parkdale exit, head north
> Left onto Tyndall
> Right onto Holland
> Left onto Byron
> Right onto Harmer
> Left onto Wellington
Oxford St.
Spencer St.
Armstrong St.
Grant St.
Holland Ave.
Huron Ave. N.
Caroline Ave.
Parkdale Ave.
Wellington St. W.
Hamilton Ave. N.
Hinton Ave. N.
Gladstone Ave.
Foster St.
Sims Ave.
Harmer Ave. N.
Tyndall St.
Warren Ave.
Julian Ave.
Clarendon Ave.
Hampton Ave.
Granville Ave.
Mayfair Ave.
Byron Ave.
Kenora St.
Java St.
Iona St.
Faraday St.
Sherwood Dr.
Kenilworth St.
Queensway (Hwy 417)
Island Park Dr.
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