

**Directions  
to  
Inner Harmony,  
Center for the Healing Arts**

**505 Cedar Road, Suite B, Chesapeake, VA 23322**

**547-1100**



**From Downtown Norfolk**

**“Taking the By-Pass” - Chesapeake Expressway – NO DRAW BRIDGES**

Take 464 towards Chesapeake

Road will fork, **take Left fork** towards Nags Head 168 South

(Continue driving beyond both Battlefield Blvd North & South exits 13A & 13B)

Take 1<sup>st</sup> Mount Pleasant Road /Great Bridge, Exit 11A, 165 South

Continue on Mount Pleasant, turn Right at 1<sup>st</sup> light onto Battlefield Blvd

Turn Left at 1<sup>st</sup> light onto Cedar Road

After passing light at Bartell / Albemarle Drive, move into left turning lane

Make a U-Turn at Westbridge Commons Apts

Office will be on your right - 505 Cedar Road, Suite B

**OR**

**Crossing the “Steel Bridge” – DRAW BRIDGE opens randomly**

Take 464 towards Chesapeake

The road will fork, **take Right fork**, Exit 15B

Continue on 17 South / Dominion Blvd

Cross over the Steel Bridge (Bridge opens when needed/randomly)

Turn Left at 1<sup>st</sup> light onto Cedar Road

Continue on Cedar Road approximately 4 miles

(You will see Gateway Bank, Westbridge Commons Apartments, a private residence)

Office will be on your right – 505 Cedar Road, Suite B

**CONTINUED**

**From Norfolk / Virginia Beach**

**“Taking the By-Pass” – Chesapeake Expressway – NO DRAW BRIDGES**

Take 64 East towards Chesapeake

Take Exit 291B (17 South, 168 South) Elizabeth City, Nags Head

Road will fork, **take Left fork** towards Nags Head 168 South

(Continue driving beyond both Battlefield Blvd North & South exits 13A & 13B)

Take 1<sup>st</sup> Mount Pleasant Road / Great Bridge, Exit 11A, 165 South

Continue on Mount Pleasant, turn Right at 1<sup>st</sup> light onto Battlefield Blvd

Turn Left at 1<sup>st</sup> light onto Cedar Road

After passing light at Bartell / Albemarle Drive, move into left turning lane

Make a U-Turn at Westbridge Commons Apts

Office will be on your right - 505 Cedar Road, Suite B

**OR**

**Crossing the “Steel Bridge” – DRAW BRIDGE opens randomly**

Take 64 East towards Chesapeake

Take Exit 291B (17 South, 168 South) Elizabeth City, Nags Head

The road will fork, **take right fork**, Exit 15B

Continue on 17 South / Dominion Blvd

Cross over the Steel Bridge (Opens when needed)

Turn Left at 1<sup>st</sup> light onto Cedar Road

Continue on Cedar Road approximately 4 miles

(You will see Gateway Bank, Westbridge Commons Apartments, a private residence)

Office will be on your right – 505 Cedar Road, Suite B

**CONTINUED**

**From Suffolk**

**“Taking the By-Pass” – Chesapeake Expressway – NO DRAW BRIDGES**

Take 64 West towards Chesapeake

Take Exit 291B (168 South Bypass towards Great Bridge & Nags Head)

(Continue driving beyond both Battlefield Blvd North & South exits 13A & 13B)

Take 1<sup>st</sup> Mount Pleasant Road / Great Bridge, Exit 11A, 165 South

Continue on Mount Pleasant, turn Right at 1<sup>st</sup> light onto Battlefield Blvd

Turn Left at 1<sup>st</sup> light onto Cedar Road

After passing light at Bartell / Albemarle Drive, move into left turning lane

Make a U-Turn at Westbridge Commons Apts

Office will be on your right - 505 Cedar Road, Suite B

**OR**

**Crossing the “Steel Bridge” – DRAW BRIDGE opens randomly**

Take 64 West towards Chesapeake

Take Exit 292, 190 to Rt 17 South Elizabeth City

Bare Right at top of exit, at end of off-ramp

Turn Right at next light onto 17 South / Dominion Blvd

Cross over the Steel Bridge (Opens when needed)

Turn Left at 1<sup>st</sup> light onto Cedar Road

Continue on Cedar Road approximately 4 miles

(You will see Gateway Bank, Westbridge Commons Apartments, a private residence)

Office will be on your right – 505 Cedar Road, Suite B

**Note: BRIDGE OPENINGS**

**Great Bridge (at the “Locks” on Battlefield Blvd) opens ON THE HOUR for up to 15 minutes**

**Steel Bridge (Dominion Blvd/17 South) opens WHEN NEEDED/RANDOMLY**