

**DIRECTIONS TO THE ELLEN SHAW DE PAREDES INSITUTE  
FOR WOMEN'S IMAGING**  
4480 Cox Road, Suite 100  
Glen Allen, Virginia 23060

**From Fredericksburg or North of Richmond:**

**TAKE I-95 SOUTH TO I-295 WEST** (towards Charlottesville). **CONTINUE ON I-295 WEST TO the NUCKOLS ROAD SOUTH (51B) EXIT.** Turn **RIGHT ONTO COX ROAD** (second traffic light). Pass the first traffic light and the lake on the right side. Look for the **RED AND WHITE ALFA ALLIANCE SIGN ON THE RIGHT SIDE**, where you will **TURN INTO THE PARKING LOT.** Go straight into our parking lot. The Institute is in the brick building with the large American flag out front.

**From Powhatan, Midlothian or South of the James:**

**TAKE 288 NORTH TO I-64 EAST** (towards Richmond). **TAKE EXIT 178B to ROUTE 250 EAST TO RICHMOND.** At the **SECOND TRAFFIC LIGHT**, turn left onto Cox Road. **PASS TWO TRAFFIC LIGHTS.** Look for the **RED AND WHITE ALFA ALLIANCE SIGN ON THE LEFT SIDE**, where you will **TURN INTO THE PARKING LOT.** Go straight into our parking lot. The Institute is in the brick building with the large American flag out front.

**Alternate Route from South of the James:**

**TAKE CHIPPENHAM PARKWAY (ROUTE 150) NORTHBOUND.** Cross over the Willey Bridge as **CHIPPENHAM PARKWAY BECOMES PARHAM ROAD NORTH.** Turn left onto Broad Street. At Innsbrook (there are 3 large triangle signs), take a right turn onto Cox Road. Look for the **RED AND WHITE ALFA ALLIANCE SIGN ON THE LEFT SIDE**, where you will **TURN INTO THE PARKING LOT.** Go straight into our parking lot. The Institute is in the brick building with the large American flag out front.

**From Williamsburg or East Richmond:**

**TAKE 64 WEST TO I-295 NORTH, TOWARDS RICHMOND.** From **I-295 HEADED TOWARDS RICHMOND**, take the **NUCKOLS ROAD SOUTH EXIT (EXIT 51B).** Turn right onto Cox Road (second traffic light). Pass the first traffic light and pass the lake on the right side. Look for the **RED AND WHITE ALFA ALLIANCE SIGN ON THE RIGHT SIDE**, where you will **TURN INTO THE PARKING LOT.** Go straight into our parking lot. The Institute is in the brick building with the large American flag out front.

**From Charlottesville or West of Richmond:**

**FROM 64 EAST TOWARDS RICHMOND**, take **EXIT 178B FOR ROUTE 250 EAST TOWARDS RICHMOND.** At the **SECOND TRAFFIC LIGHT**, **TURN LEFT ONTO COX ROAD.** **PASS TWO TRAFFIC LIGHTS.** Look for the **RED AND WHITE ALFA ALLIANCE SIGN ON THE LEFT SIDE**, where you will **TURN INTO THE PARKING LOT.** Go straight into our parking lot. The Institute is in the brick building with the large American flag out front.

**From Downtown Richmond:**

**TAKE I-95 NORTH TO I-64 WEST TOWARDS CHARLOTTESVILLE.** Take the exit for **GASKINS ROAD NORTH.** **TURN LEFT ONTO BROAD STREET.** At Innsbrook (there are 3 large triangle signs), **TAKE A RIGHT TURN ONTO COX ROAD.** Look for the **RED AND WHITE ALFA ALLIANCE SIGN ON THE LEFT SIDE**, where you will **TURN INTO THE PARKING LOT.** Go straight into our parking lot. The Institute is in the brick building with the large American flag out front.

**DIRECTIONS TO THE ELLEN SHAW DE PAREDES INSITUTE  
FOR WOMEN'S IMAGING  
2530 Gaskins Road, Suite C  
Richmond, Virginia 23238**

**From Fredericksburg or North of Richmond:**

**TAKE I-95 SOUTH TO I-295 WEST** (towards Charlottesville). **TAKE I-295 WEST TO EXIT 53B I-64 EAST** (towards Richmond). **PROCEED ON I-64 EAST TO EXIT 18A** (Gaskins Road South). **PASS** the **TRAFFIC LIGHT AT THREE CHOPT ROAD**. The entrance to the office is on the right (Gaskins Professional Office Park) after crossing the light.

**From Powhatan, Midlothian or South of the James:**

**TAKE 288 NORTH TO I-64 EAST** (towards Richmond). **TAKE EXIT 180A** (Gaskins Road South). **PASS** through the **TRAFFIC LIGHT AT THREE CHOPT ROAD**. The **ENTRANCE** to the office is **ON THE RIGHT** (Gaskins Professional Office Park).

**Alternate Route from South of the James:**

**TAKE CHIPPENHAM PARKWAY (ROUTE 150) NORTH**. **DRIVE OVER THE WILLEY BRIDGE** as Chippenham Parkway becomes Parham Road North. **TURN LEFT ONTO PATTERSON AVENUE**. **TURN RIGHT ONTO GASKINS ROAD**, go through **4 TRAFFIC LIGHTS**. **ENTRANCE** to the office is **ON THE LEFT**. Make a **U-TURN AT** the **THREE CHOPT ROAD** light and the **ENTRANCE** will be on your **RIGHT**.

**From Williamsburg or East of Richmond:**

**TAKE 64 WEST TO I-95 NORTH, TOWARDS WASHINGTON**. **FROM I-95 NORTH, TAKE EXIT 79 (I-64 WEST TOWARDS CHARLOTTESVILLE)**. From I-64 West, take **EXIT 180A (GASKINS ROAD SOUTH)**. Pass the traffic light **AT THREE CHOPT ROAD**. The **ENTRANCE** to the office is **ON THE RIGHT (GASKINS PROFESSIONAL OFFICE PARK)**.

**From Charlottesville or West of Richmond:**

From **64 EAST TOWARDS RICHMOND, TAKE EXIT 180A (GASKINS ROAD SOUTH)**. Proceed through the traffic light **AT THREE CHOPT ROAD**. The **ENTRANCE** to the office is **ON THE RIGHT (GASKINS PROFESSIONAL OFFICE PARK)**.

**From Downtown Richmond:**

**TAKE I-95 NORTH TO I-64 WEST TOWARDS CHARLOTTESVILLE**. **TAKE THE EXIT 180A (GASKINS ROAD SOUTH)**. Proceed through the traffic light at **THREE CHOPT ROAD**. The **ENTRANCE** to the office is **ON THE RIGHT (GASKINS PROFESSIONAL OFFICE PARK)**.