



### Directions to Capital Heart – Lake Boone Trail

#### From I-440:

Take exit 5 for Lake Boone Trail. Take a Right at the bottom of the ramp going towards Rex Hospital. Travel approximately ½ mile on Lake Boone Trail. We are located at 4207 Lake Boone Trail, directly across from the Rex Wellness Center and Fire Department.

#### From Blue Ridge Road:

From fairgrounds (northbound): Turn right at Lake Boone Trail, just before passing Rex Hospital. Travel through one stop light and take next Right into our parking lot. Directly across from Rex Wellness Center and Firehouse.

From Duraleigh Road (southbound): Turn Left at Lake Boone Trail after passing Rex Hospital. Travel through one stop light and take next Right into our parking lot. Directly across from Rex Wellness Center and Firehouse.

Please call 919-881-0160 if help is necessary.