



CONNECTICUT
KIDNEY & HYPERTENSION
SPECIALISTS

www.ctkidneyspecialists.com

Directions to SATELLITE OFFICES: Cheshire-Southbury-Plantsville

Cheshire- Waverly Professional Park Building

325 Highland Ave Waverly Professional Park -Suite 102 Cheshire, CT 06410

Directions from Waterbury

I-84 East toward Cheshire

Take Exit 27 - toward **691 E** for 1 mile

Take Exit 7- toward CT-10 toward Cheshire-Right at exit ramp

Follow Ct-10 South/Highland Avenue for 3.4 miles past Cheshire Police Department

Take a right into Waverly Professional Park- First Left into parking Lot- Building #2

If you pass Stop and Shop - you have traveled too far.

325 Highland Ave. Building #2 - Suite 102

Directions From Hamden/New Haven

From Hamden – Take CT 10 - N / Whitney Ave

Continue into Cheshire – Highland Avenue past Cheshire Academy School

Take a left into Waverly Professional Park then first Left into Parking Lot-Building #2

If you pass Cheshire Police Department - you have traveled too far.

325 Highland Ave. Building #2 - Suite 102

Directions from Meriden

Take I-691W to CT-10 S/Highland Ave Cheshire

Take exit 7 from I691 W

Follow CT 10-S toward Cheshire for 3.5miles

325 Highland Ave. Building #2 - Suite 102

Southbury – Waterbury Health Building

690 Main Street, Southbury, CT 06488

Directions from Waterbury

Take I-84 West - Take exit 15 toward Southbury

At end of ramp 0.2 mi- Follow Main St South to your destination

Use the left lane to turn right onto US-6 E - 0.1 mi

Turn left onto Main St S- travel 1.4 mi

Turn right- [Destination will be on the right](#)

If pass Shoprite- you traveled too far.



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Southbury – Waterbury Health Building continued

Directions from Newtown / Danbury

From I84 East - Take exit 14 for CT-172 toward South Britain 0.3 mi
Take a Left onto CT-172 N and travel .91 to your destination 3 min (0.9 mi)
Turn left onto CT-172 N - Travel for 0.3 mi
Turn right onto Main St S- travel 0.4 mi
Turn left onto Brown Rd for 0.1 mi then Turn right
Destination will be on the left

Southington/Plantsville - Confidia Health Building 710 Main St bldg 4, Plantsville, CT 0647

Directions From Waterbury

Continue to I-84 E
Follow I-84 E to Exit 30- Atwater St in Southington.
At end of exit ramp take left on AtwaterStreet
First Right onto West main Street
Take W Main St .7 miles - past Dunkin
Immediately after the Plantsville Green
Take a left into office area and again an immediate left into the parking area
Confidia Health Institute will be on your far right
Confidia Health Institute

Directions from Cheshire/New Haven

Take CT-10 N/Highland Ave to Southington
Take Slight left onto Cheshire Road 0.2 mi
Continue onto CT-10 N/Norton St- 1.6 miles
Pass by Wells Fargo Bank (on right)- Turn right onto Main St
Continue W. Main Street - past Dunkin
Immediately after the Plantsville Green
Take a left into office area and again an immediate left into the parking area
Confidia Health Institute will be on your far right

Directions From Plainville

Merge onto I-84 west
Take exit 30 for Marion Ave toward W Main St 0.2 mi
Follow Marion Ave and W Main St .7 mile to your destination
Turn left onto Marion Ave 0.2 mi
Continue onto W Main St 0.4 mi- past Dunkin . Take Left into Parking Lot