

Katie Tandon

Phone: 484.995.9262 email: lighton@katiетandon.net

Licensed Holistic Counselor • Therapeutic Yoga Instructor

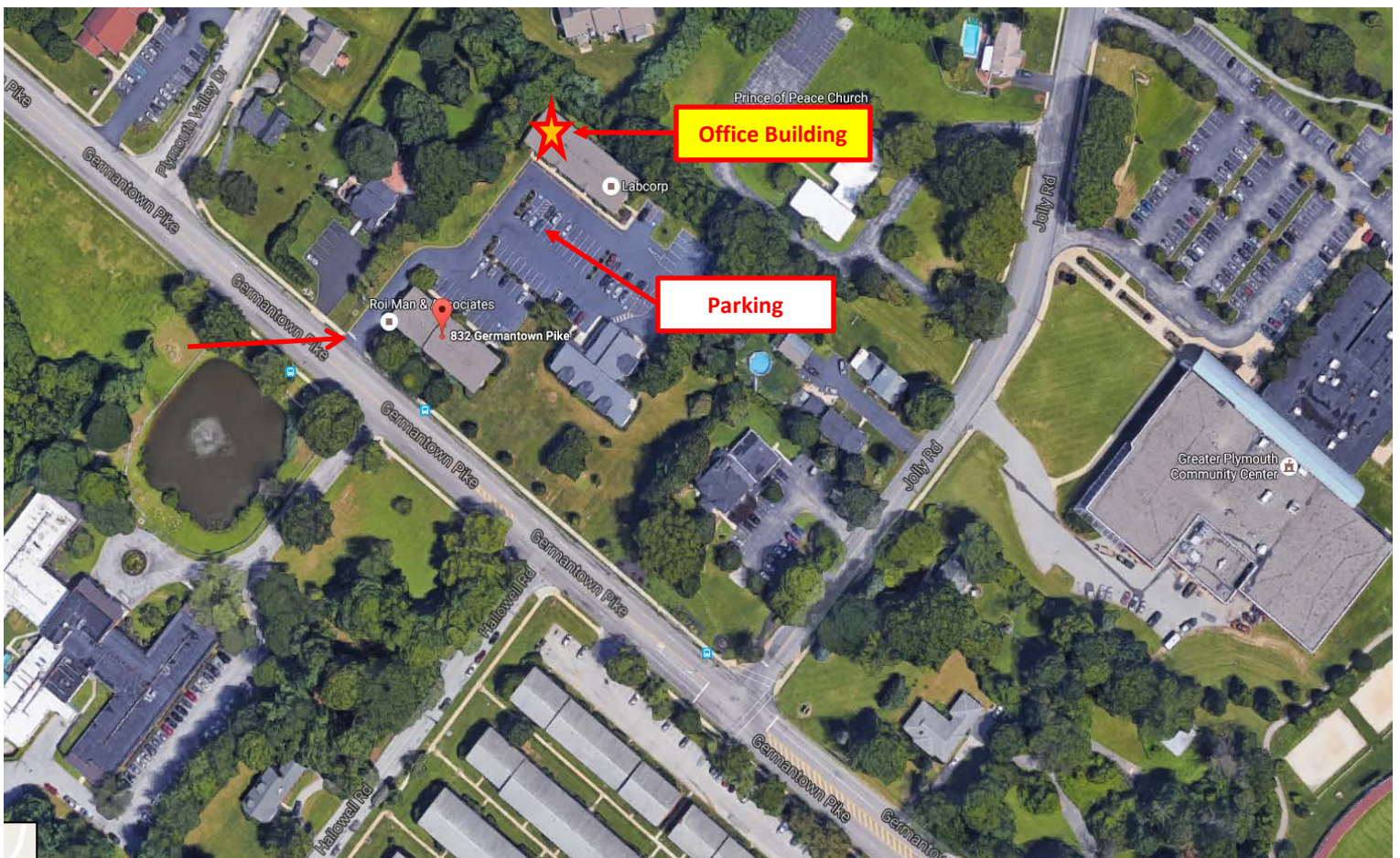
Meditation Teacher • Licensed Massage Therapist • Nationally Licensed and Board Certified Nutritionist

Plymouth Meeting Office Location Information (as of October 16, 2016)

- Location Address:

Center for Optimal Health
832 Germantown Pike,
Suite # 3
Plymouth Meeting PA 19462

Office Location Overhead View



Picture of entrance to the office parking and office building



• Directions

From PA Turnpike

- Take **276 (PA Turnpike)** to **Exit 333** toward **Norristown**
- After **Toll Plaza** stay to **Left** at the fork and follow signs for **Plymouth Rd**
- At the bottom of the ramp at Traffic Signal make a **Left** onto **Plymouth Road**
- At next Traffic Signal make a **Right** onto **Germantown Pike**
- Take **Germantown Pike** for 1 mile passing the **Plymouth Meeting Mall** on **Right**
- Office driveway entrance is on the **Right** just past **Jolly Road** and the sign says “**832 Plymouth Valley Professional Center**”
- Office is located in **Suite # 3**, at the far side of the campus.

From RT 476 (Blue Route) From Center City Philadelphia and Delaware:

- Take **476 North** to **Exit 20 (Germantown Pike-West)**, stay to **Right** of Toll Plaza (Do Not Cross Toll Plaza)
- On the ramp stay to **Right** for **Germantown Pike**.
- At bottom of ramp, stay on **Germantown Pike** for **1.1 miles** total, passing the **Plymouth Meeting Mall** on the right.
- Office driveway entrance is on the **Right** just past **Jolly Road** and the sign says “**832 Plymouth Valley Professional Center**”
- Office is located in **Suite # 3**, at the far side of the campus.

From Chestnut Hill:

- Take **Germantown Avenue West** for approximately 5 miles
- You will pass the intersection of **476 (Blue Route)** and **276 (PA Turnpike)**
- You will pass **Plymouth Meeting Mall** on your **Right**. Office driveway entrance is on **Right** about **0.8 miles** from **Plymouth Meeting Mall**
- Office driveway entrance is on the **Right** just past **Jolly Road** and the sign says “**832 Plymouth Valley Professional Center**”
- Office is located in **Suite # 3**, at the far side of the campus.

From Norristown and West:

- From **Norristown** take **Germantown Pike East** past the intersection with **202**
- In approximately 1 mile, you will pass a fire station and urgent care center. Slow down.
- Office driveway entrance is on the **Left** and the sign says “**832 Plymouth Valley Professional Center**”. If you pass **Jolly Road** you missed the entrance.
- Office is located in **Suite # 3**, at the far side of the campus.