

ADAGIO HOLISTIC THERAPIES, LLC

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For New Clients: Please be sure you have downloaded and completed the Client Health History forms, the additional Men's or Women's section, as well as the Client Bill of Rights for the specific therapist you will be seeing. Please bring all forms filled out to your first appointment.

For Class Participants: Be sure you have reviewed the items you need to bring to class and the specific location of your class (which may be different than our office).

Directions to

710 W. 40th Street
Minneapolis, MN. 55409

Parking is on the street.

Directions from the SOUTH: 35W NORTH to the MN-62 W exit. Continue straight onto MN-121. Head north on Lyndale Ave South for 2 miles. Turn left onto W. 40th Street. We are located on the right-hand side of the street, just after Lyndale Ave: at 710 W. 40th Street.

Directions from the EAST: HWY 94 WEST to 35W south toward the 35/36th St. exit (exit 14). Head west (or right) on 35th Street to Lyndale Ave. Turn Left onto Lyndale Ave to 40th Street. Take a right on 40th St. We are located on the right-hand side of the street, just after Lyndale Ave: at 710 W. 40th Street.

Directions from the NORTH: 35W SOUTH toward the 35/36th St. exit (exit 14). Head west (or right) on 35th Street to Lyndale Ave. Turn Left onto Lyndale Ave to 40th Street. Take a right on 40th St. We are located on the right-hand side of the street, just after Lyndale Ave: at 710 W. 40th Street.

Directions from the WEST: MN-7-E to Country Rd 25 E. Slight left onto Excelsior Blvd. Continue onto W Lake Street. Turn right onto E Calhoun Pkwy. Turn Left onto W 36th Street. Turn right onto Dupont Ave South. Turn left onto W 40th St. We are located on the left-hand side of the street, just before Lyndale Ave: at 710 W. 40th Street. **OR** – Take MN-7-E to County Rd 25 E. Slight left onto Excelsior Blvd. Continue onto W Lake Street to Bryant Ave S. Take a right on Bryant Ave. S. Continue to 40th St. Take a left on 40th St. We are two blocks down, on the left-hand side of the street, just before Lyndale Ave: at 710 W. 40th Street.

Directions from the NORTHWEST: 394-E to exit 8B to merge onto 94-E. Take exit 233B to merge onto 35W-South. Take the 35/36th St exit (exit 14). Merge (or continue) onto Stevens Ave. Stevens Ave turns right and becomes E 40th Street. Follow 40th Street past Lyndale Ave. We are located on the right-hand side of the street, just after Lyndale Ave: at 710 W. 40th Street. **OR** – Take 94-E to the Lyndale/Hennepin Ave Exit. Continue South on Lyndale until 40th Street. Take a right on 40th St. We are located on the right-hand side of the street, just after Lyndale Ave: at 710 W. 40th Street.