

Diabetes Core Curriculum Workshop

Driving directions to:

Sheraton LaGuardia East Hotel

13520 39th Ave. Flushing, NY 11354-4408

Sheraton Direct Phone: 1-888-268-0717

<http://www.sheraton.com/laguardia>

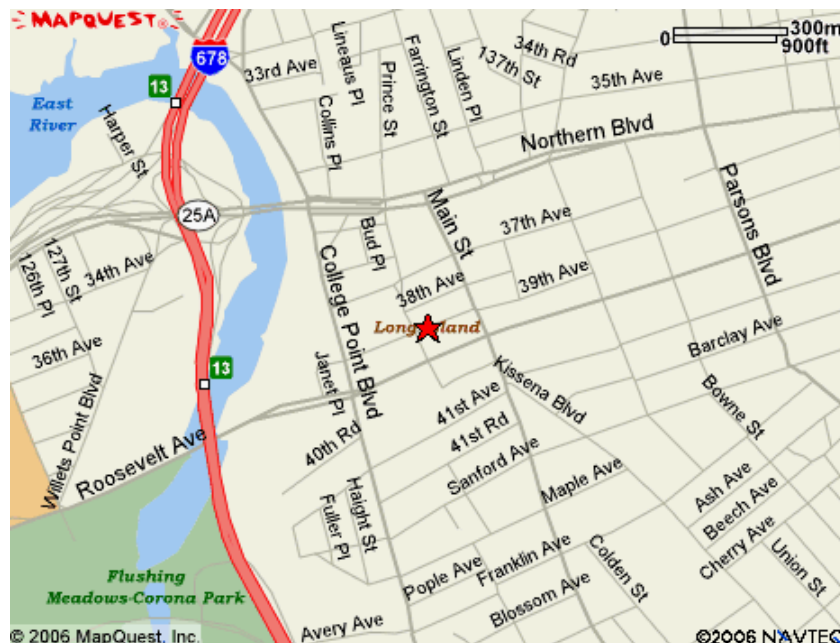
From East – Take the Long Island Expressway (I-495 West) to the Van Wyck Expressway (I-678 North). Take Exit 13 to Northern Boulevard. Proceed east and turn right onto Main Street. Follow 3 blocks and turn right onto 39th Avenue (one way). Proceed to the hotel on the left. The valet parking garage is immediately past the main entrance.

From North – Take the Whitestone Expressway (I-678 South) to Exit 14 (Linden Place). Turn left onto College Point Blvd then turn left onto Northern Boulevard and get in the right lane. Turn right onto Main Street and then follow 3 blocks and make a right onto 39th Avenue (one way). Proceed to the hotel on the left. The valet parking garage is immediately past the main entrance.

From West – Take the Long Island Expressway (I-495 East) to the Van Wyck Expressway (I-678 North). Take Exit 13 to Northern Boulevard. Turn right onto Main Street then turn right onto 39th Avenue and proceed to the hotel. The valet parking garage is immediately past the main entrance.

From South – Take the Van Wyck Expressway (I-678 North) to Exit 13 - Northern Boulevard East. Turn right onto Main Street then turn right onto 39th Avenue (one way) and proceed to the hotel on the left. The valet parking garage is immediately past the main entrance.

NOTE: The Sheraton's parking garage is on the left, immediately after the front entrance to the hotel. Daily rate is \$7 for commuters / \$9 for overnight guests. Additional parking facilities are located nearby. The #7 train (subway stop) is within 1 block of the hotel.



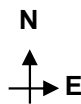
Pro Health Consulting

www.prohealthconsulting.org ; info@prohealthconsulting.org

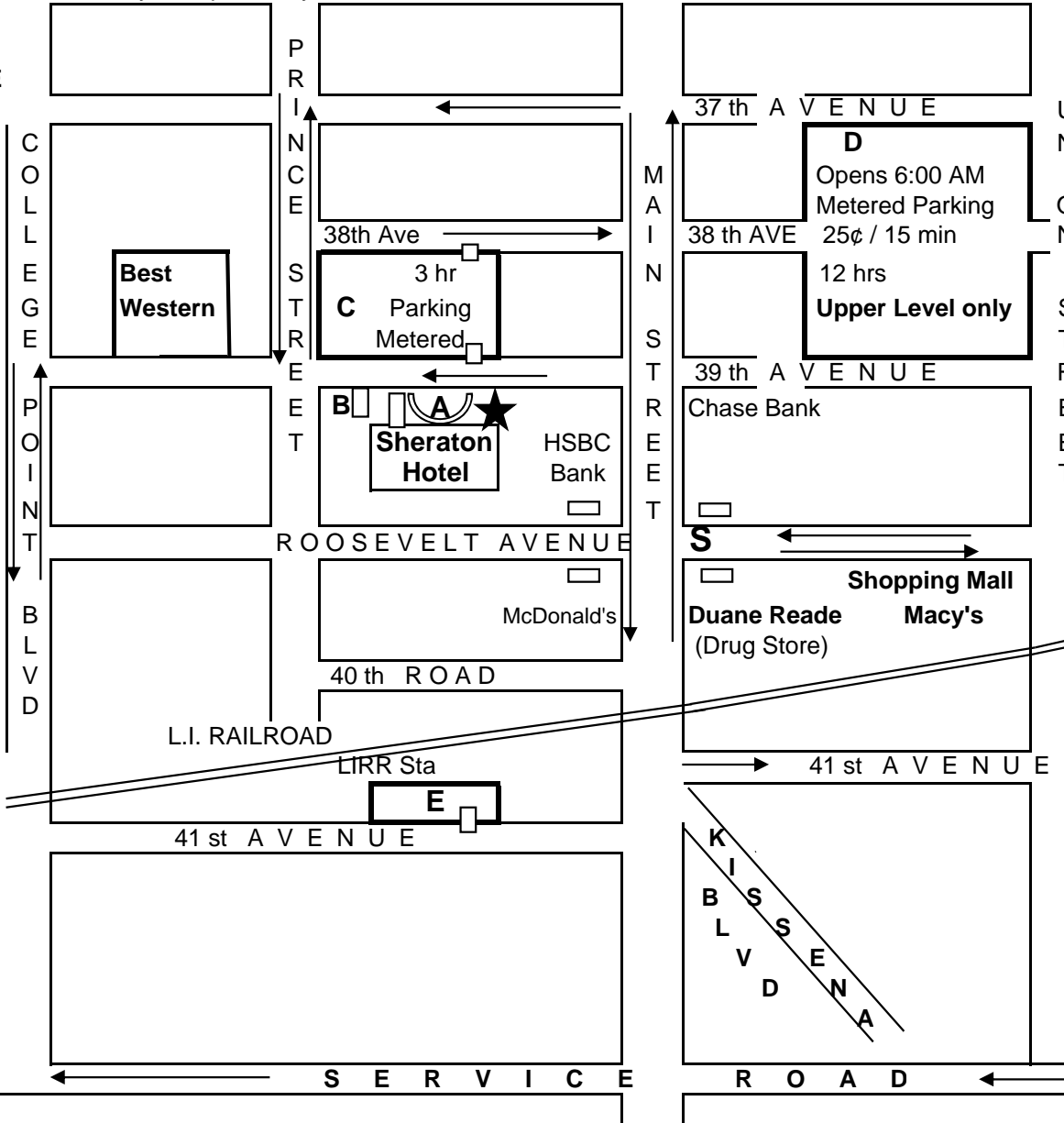
p: 631.754.3663 f: 631.262.9760

from: Grand Central Pkwy & NORTHERN BLVD

Note: you cannot make a left turn onto Main St from Northern Blvd



Skyview Center - Marshall's, Target, Applebee's, Bed Bath & Beyond, more



Parking Key

- A** Sheraton Garage Valet Parking \$7/day; \$9 overnight
- B** Garage next to Hotel w/overnight parking(\$15/day max) Entrance on 39 Ave (opens 7AM - close 11PM)
- C** Metered (3 Hrs Max) no overnight - \$1.50/hr
- D** Metered (12 Hrs) no overnight - \$1.00/hr
- E** Metered (12 hrs) - \$4.00/12 hrs

S Subway \$2.25 (# 7 Train - Flushing Stop)

Parking lot and Subway Entrances

NOTE: Metered parking requires quarters or Muni-meter cards. Lots fill up quickly due to commuters. If you are driving, come as early as possible.

Bus
 #48, 20, 52, 44, 17 to Roosevelt &/or Main St

LIRR (LI Railroad)
 Port Washington Line to Flushing Station
 Take other branches to Woodside or Penn Sta.
 then transfer to Pt Wash Branch

Note: Rates are subject to change