

## **Directions to Mechanicsville Office**

David S. Cross, M.D., Ph.D., F.A.C.S  
P & A Associates ENT, P.C  
8409 North Run Medical Drive  
Mechanicsville, VA 23116  
(804) 569-6240

### From Richmond/ West End:

Take I-196 South to Exit 38B (Meadowbridge Road)

Go through two stoplights.

Turn left into the Health and Wellness Center (We are located directly across the street from Memorial Regional Medical Center on Meadowbridge Road).

P&A ENT is the fourth office on the right.

### From the East End:

Take I-295 North to Exit 38B (Meadowbridge Road).

Go through two stoplights.

Turn left into the Health and Wellness Center (We are located directly across the street from Memorial Regional Medical Center on Meadowbridge Road).

P&A ENT is the fourth office on the right.

### From I-64:

Take the Mechanicsville exit.

Cross over Laburnum Avenue and continue on Mechanicsville Turnpike.

Turn left on Cold Harbor Road.

Go through the stoplight at Old Mechanicsville Turnpike. (There is a 7-11 on your left). Cold Harbor Road turns into Atlee Road once you cross over Old Mechanicsville Turnpike.

Turn right at the light onto Meadowbridge Road.

Make your second right into the Health and Wellness Center (North Run Medical Center).

P&A ENT is the fourth office on the right.

### From Tappahanock:

Take 360 West to I-295 South.

Take I-295 North to Exit 38B (Meadowbridge Road)/

Go through two stoplights.

Turn left into the Health and Wellness Center (We are located directly across the street from Memorial Regional Medical Center on Meadowbridge Road).

P&A ENT is the fourth office on the right.