

CHEC PRESENTS!

SELF-CARE

MAINTAIN & IMPROVE YOUR HEALTH

December 21, 2017

12pm–2pm



**Manifest into a new you!
Connect with your true self and
balance your life.**

**Learn meditation skills
for living in tune with
your spirit and mind.**

**What type of self-care
will you start practicing?**



GIVE YOURSELF A GIFT OF SELF-CARE!



Please call 617-534-2432 and leave a message or RSVP to ltavares@bphc.org

Please call immediately if you need individual arrangements (i.e.: ASL interpreters).

**Community Health Education Center (CHEC)
860 Harrison Ave. 2nd Floor, Boston, MA 02118**

Parking is limited in the garage (driving directions on the back) Bring your ticket for

FREE Parking VALIDATION!



DIRECTIONS TO CHEC BOSTON

FREE PARKING WITH VALIDATION!

CHEC

860 Harrison Ave 2nd, Floor

Boston, MA. 02118

Phone (617) 534-5181

www.bphc.org/chec

Public Transportation

(The #1 CT1 bus can be boarded from the Massachusetts Ave. Orange Line Stop) or Dudley Station Take the #1 or CT1 bus to Boston Medical Center Stop. This stop will let you off at the corners of Massachusetts & Harrison Avenue. Walk down Harrison Avenue (away from Boston Medical Center)

860 Harrison Ave. is the first entrance on the left hand side of the street. Check – in with security guard.

We are on the 2nd floor on the lower rise building.

Note: CHEC is located on the 2nd floor of 860 Harrison Avenue lower rise building (McCormack Towers)

Take note of this when parking in the garage

From North

Take Route 93 South which becomes the Fitzgerald Expressway. Take Exit #18 (Massachusetts/Roxbury exit) Merge onto Mass. Ave. Connector. Then follow local directions below.

From the South

Take Route 93 North which turns into the Southeast Expressway. Take Exit #18 (Massachusetts Avenue/Roxbury exit) Stay straight to go onto New Frontage Rd/New Frontage Rd. Northbound. Take left onto Mass. Ave. Connector. Then follow local directions below.

From the West

Take the Mass Turnpike East to the last exit (Fitzgerald Expressway) Take Exit #18 (Massachusetts Avenue/Roxbury exit) Merge onto Mass. Ave. Connector. Then follow local directions below.

Local Directions

You will come to a 4 – way intersection with traffic lights (McDonalds off the left) Take a right onto Massachusetts Avenue (Boston Medical Center will be ahead on your right) Get into the farthest left lane and at second light, take a left onto Harrison Avenue. Then take the first left onto Northampton Street. CHEC is located in the lower rise building at 860 Harrison Ave. on your left. Check – in with security in the lobby first. Take elevators to 2nd floor.

Parking

Parking is underneath the high rise building 35 Northampton St.

Parking on the 1st, 2nd or 3rd floor will allow you access to the stairs on the far right side of the garage (corner exit doors)

BRING YOUR TICKET FOR VALIDATION!

DO NOT PARK in CVS lot or you will be towed!