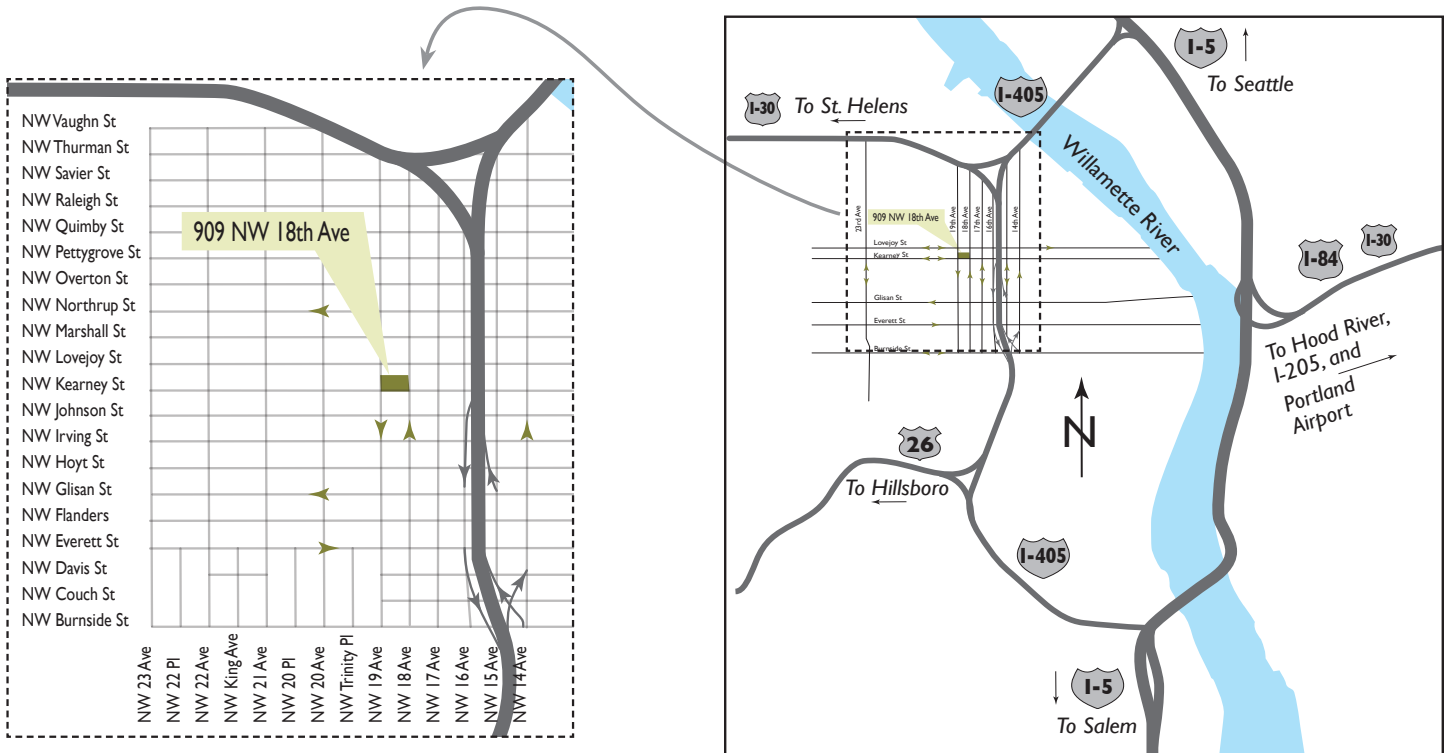


Directions —driving to— James P. Thomas, MD

909 NW 18th Ave., Portland, OR 97209 • 503/478-1845



From the North on I-5

From southbound I-5 take exit #302B onto I-405 South. Take exit #2B onto NW Everett St. and merge onto NW 16th Ave. Go four blocks and turn Right on NW Davis. Take the second Right on NW 18th Ave. Continue on NW 18th Ave just past NW Kearney Ave; the office is on the Left.

From the East on I-5

From westbound I-84, exit to southbound I-5. Exit to I-405 North. Take Exit #2B Everett St. Go two lights, and turn Left on NW Glisan Ave. Continue over the freeway, and turn Right onto NW 18th Ave. Continue on NW 18th Ave just past NW Kearney Ave; the office is on the Left.

From East Portland via the Broadway Bridge

From westbound NE Broadway, cross the Broadway Bridge. Stay in the Right lane, exiting toward NW Lovejoy St. You will be diverted northward onto NW 10th Ave. Take the second Left onto NW Northrup St. Turn Left onto NW 19th Ave. Go through two streets, and turn Left into our parking lot.

From the West on Hwy 26

From eastbound Hwy 26 East, take I-405 North just as you exit the tunnel (be in the left lane). Exit immediately at #2B Everett St. Go two lights, and turn Left on NW Glisan St. Continue over the freeway and turn Right on NW 18th Ave. Proceed on NW 18th Ave just past NW Kearney St, and the office is on the Left.

From the West on Hwy 30

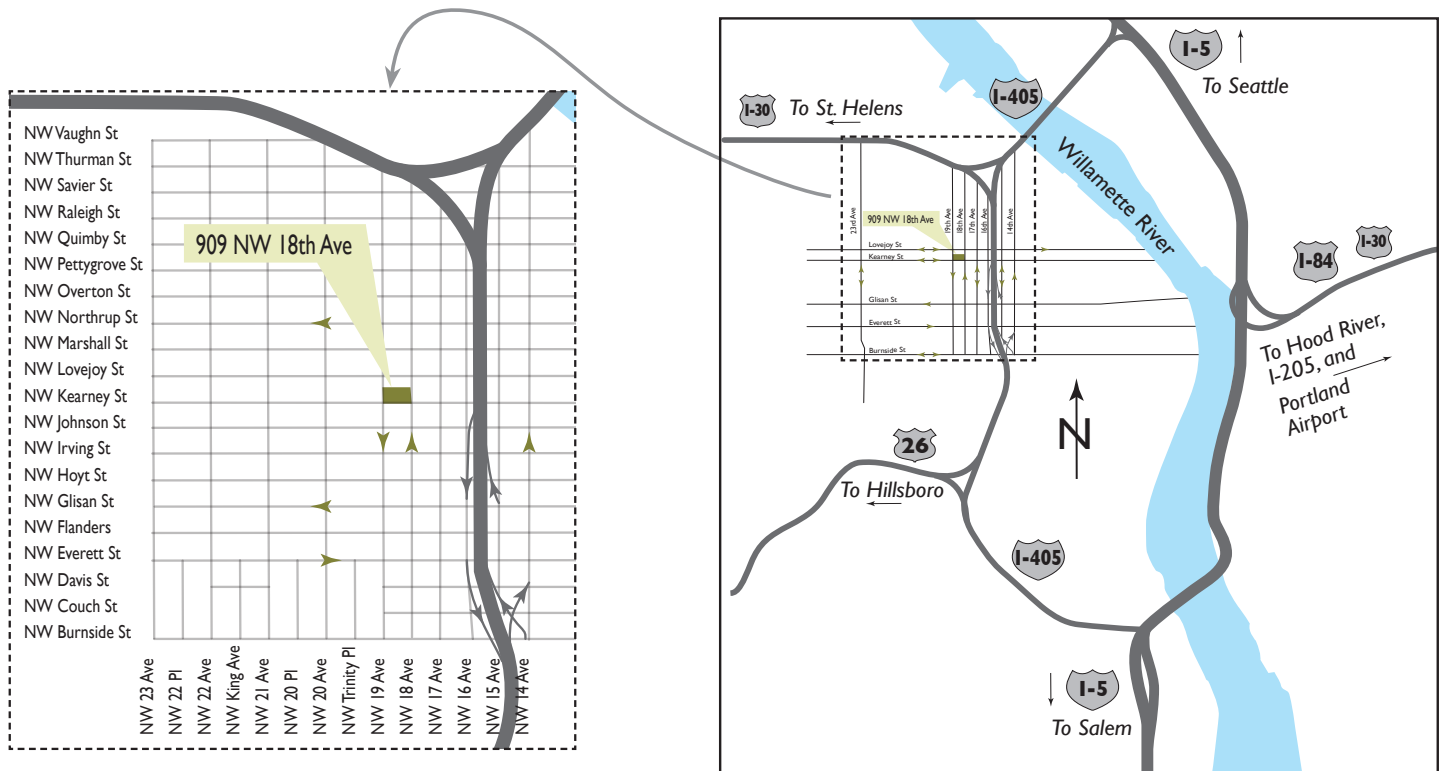
From eastbound Hwy 30 East, keep right at the fork and take I-405 South. Exit at #2B Everett St. and merge onto NW 16th Ave. Go four blocks and turn Right on NW Davis. Take the second Right on NW 18th Ave. Continue on NW 18th Ave just past NW Kearney Ave; the office is on the Left.

From the South on I-5

From northbound I-5 exit to I-405 North. Take exit #2B Everett St. Go two lights and turn Left on NW Glisan St. Go over the freeway and turn Right on NW 18th Ave. Continue on 18th Ave just past NW Kearney St. The office is on the Left.

Directions —leaving from— James P. Thomas, MD

909 NW 18th Ave., Portland, OR 97209 • 503/478-1845



To head North on I-5 towards Seattle

Turn Left from our parking lot, heading North on NW 18th Ave. Turn Right at the first corner onto NW Lovejoy St. Go two blocks and turn Right onto NW 16th Ave. Head South on NW 16th Ave, and turn Left on NW Everett St. Go over the I-405 freeway, and turn Left onto NW 15th Ave. Go two blocks, and drop onto the I-405 on-ramp. Take I-405 to I-5 North.

To head East on I-84 towards Hood River/The Dalles

Turn Left from our parking lot, heading North on NW 18th Ave. Turn Right at the first corner onto NW Lovejoy St. Go two blocks and turn Right onto NW 16th Ave. Head South on NW 16th Ave to the I-405 South on-ramp. Drop onto I-405 South. Take I-405 to I-5 North, then watch for signs for I-84 Eastbound towards The Dalles.

To head West on Hwy 26 towards Hillsboro

Turn Left from our parking lot, heading North on NW 18th Ave. Turn Right at the first corner onto NW Lovejoy St. Go two blocks and turn Right onto NW 16th Ave. Head South on NW 16th Ave. to the I-405 South on-ramp. Drop onto I-405 South. Stay in the right lane, and immediately you will see signs for Hwy 26 West.

To head West on Hwy 30 towards St Helens

Turn Left from our parking lot, heading North on NW 18th Ave. Turn Right at the first corner onto NW Lovejoy St. Go three blocks and turn Left onto NW 15th Ave. Go eight blocks and turn Right to stay on NW 15th Ave. Take the first Left on NW Front St. Turn Left on NW Nicolai St. Take the second Right onto Hwy 30 West.

To head South on I-5 to Salem

Turn Left from our parking lot, heading North on NW 18th Ave. Turn Right at the first corner onto NW Lovejoy St. Go two blocks and turn Right on NW 16th Ave. Head South on NW 16th Ave. to the I-405 South on-ramp. Take the I-405 on-ramp, merging left, and follow the signs to I-5 South towards Salem.