

Directions to Soulful Wellness, 36 Main Street, Topsham

PEGGY SCHICK

Soulful Wellness

(The building is at the corner of Main Street and Elm Street Extension.)

From 295

If coming from the south, take Exit 31.

If coming from the north, take Exit 31B.

From either exit, turn right off the exit onto Route 196/Lewiston Road.

Proceed .6 mile, then turn right onto Main Street/201

Proceed .8 mile

36 Main Street is at the corner of Elm Street & Elm Street Extension.

Turn right on Elm Street Extension.

Parking is on the right, behind 36 Main Street. See below.

From Route 196, Lewiston

Take 196 to Topsham, and once you've crossed over Route 295, follow the directions above.

From US Route 1 South

In Brunswick, take the right-side ME-196 W exit toward ME-24/I-295/Topsham over the Merrymeeting Bridge, which crosses over the river.

Proceed .8 mile, then turn right onto Bypass Dr.

Proceed just .1 mile, then turn right onto Middlesex Rd.

Proceed 1 mile (Middlesex becomes Elm Street).

At the intersection of Elm Street and Main Street, 36 Main Street is across the street.

Go across Main Street onto Elm Street Extension, and parking is on the right, behind 36 Main Street. See below.

From Brunswick, Maine Street

Follow Maine Street toward the Sea Dog Restaurant and Topsham.

Go over the old green bridge, up the hill, and at the light turn left onto Elm Street Extension.

Parking is on the right, behind 36 Main Street. See below.

PARKING

Parking is located behind the building. Clients of Soulful Wellness must park behind the dumpster (glamorous, I know!).

There is room enough for four cars there. The lot can fill up quickly at times, so please try not to take up two spots.

Please note that Elm Street Extension is a ONE-WAY street, going down the hill.

Come up to the side entrance, up the wood steps.

If you have trouble finding the house, or need help with parking, my cell is 207-522-0708.

