

**Wellness at the Speed of Life**  
**November 5, 2011**  
**9:00am – 12:00pm**  
**Denver Botanic Gardens, 1007 York St, Denver, CO 80206**

From the N:

1. Take I-25 S to I-70 W
2. Take exit 275C for York St toward Josephine St
3. Follow York St all the way to 11th and York. The parking garage will be on your left just after 11th

From the S:

1. Take I-25 N to the Colorado Blvd N Exit.
2. Follow Colorado Blvd to Cherry Creek Dr. Take a Left
3. Follow Cherry Creek Drive, it will end at University Blvd. Take a Right
4. University Blvd will become Josephine St at 1st Ave. Follow this road until 1007 York
5. The parking garage will be on your left just after 10th Ave

From the E:

1. From I-225 take exit 10 for US-40/US-287/Colfax Ave
2. Stay on US-40 (Colfax Ave) until you get to York St (after Colorado Blvd). Take a L on York St
3. Follow York St to 11th and York. The parking garage will be on your left just after 11th

From the W:

1. Take 6th Ave E into Denver
2. Take a Left onto Josephine St
3. The parking garage will be on your left just after 10th Ave

**Map**

