

# Victoria M. Wood, M.P.H., R.D.

CERTIFIED NUTRITION SPECIALIST

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7105 Sycamore Ave.  
Takoma Park, MD 20912

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Washington, DC 20037

## MD OFFICE

7105 Sycamore Ave.  
Takoma Park, MD 20912

- Office is in Victoria's house in a residential neighborhood. **Please park on the street, and ring the front door bell.**
- NOTE: Victoria has (a very friendly) golden retriever but office is pet-free. You will be asked to remove your shoes so bring socks if your feet might get cold.

### *Handicapped Parking & Accessibility:*

There are two short flights of stairs to the front door. Please let us know before your appointment if you need any accommodations, including alternate parking.

### *Directions:*

From I-495 Beltway:

- 1) Take exit 30B to merge onto US-29 S/Colesville Rd toward Silver Spring
- 2) Merge onto US-29 S/Colesville Rd
- 3) Turn LEFT onto Sligo Creek Pkwy
- 4) Turn RIGHT onto Piney Branch Rd
- 5) Turn LEFT onto Philadelphia Ave
- 6) Turn LEFT onto Carroll Ave
- 7) Turn RIGHT onto Sycamore Ave

From the Takoma Metro Station:

- 1) Drive on CARROLL ST into the Downtown Takoma/Main street area (at the T, you will see a church on your right. Turn/bear LEFT at the light to continue on Carroll AVE).
- 2) Continue on Carroll AVE a few blocks, you will see the TPSS food coop on your right.
- 3) Turn RIGHT onto SYCAMORE AVE immediately after the food coop.

From New Hampshire Ave in the District:

- 1) Drive north on New Hampshire until you cross into MD (pass Eastern Ave).
- 2) Turn LEFT on ETHAN ALLEN AVE (this is also Rt. 410.) There is a UHaul place at this intersection.
- 3) After less than a block, turn LEFT onto ELM AVE.
- 4) A few more blocks on Elm, turn RIGHT on SYCAMORE AVE.

### *Metro & Bus:*

From Takoma Metro station, you would take Ride On bus 16 or 12, both towards Silver Spring Metro. Stop is Carroll Ave & Ethan Allen Ave (it's across from the TPSS food co-op). Cross the street to the food co-op and walk down Sycamore Ave (still walking away from bus stop) to 7105 Sycamore Ave.