

## **DIRECTIONS**

The Hand Center  
6160 Kempsville Circle, Suite 102A  
Norfolk, VA 23502

### **SMITHFIELD BUILDING – WEST ENTRANCE**

#### **FROM HAMPTON, NEWPORT NEWS, YORKTOWN**

Take I-64 East to the Newtown Rd exit #284B. That puts you on to I-264 East. Take the first Newtown Rd (South) exit #15A. Take a right at the bottom of the ramp. Take a right at the Shell Station, which is Kempsville Rd. Come down 3 lights and go left on Kempsville Circle.

#### **FROM EASTERN SHORE**

Cross over Chesapeake Bay Bridge Tunnel. That puts you on Northhampton Blvd. Stay on Northhampton Blvd until you get to Kempsville Rd (USAA on right). Go left on Kempsville Rd. After you cross VA Beach Blvd, take a right at the 2<sup>nd</sup> light on to Kempsville Circle.

#### **FROM CHESAPEAKE, NORTH CAROLINA**

Take I-64 West to the Virginia Beach exit. That puts you on to I-264 East. Take the first Newtown Rd (South) exit #15A. Take a right at the bottom of the ramp. Take a right at the Shell Station, which is Kempsville Rd. Come down 3 lights and go left on Kempsville Circle.

#### **FROM PORTSMOUTH/NORFOLK**

Get on I-264 East, heading towards Virginia Beach. Follow the signs to Newtown Rd. Take the first Newtown Rd (South) exit #15A. Take a right at the bottom of the ramp. Take a right at the Shell Station, which is Kempsville Rd. Come down 3 lights and go left on Kempsville Circle.

#### **FROM SUFFOLK**

58 East to 264 East (come through the downtown tunnel), heading towards Virginia Beach. Take the first Newtown Rd (South) exit #15A. Take a right at the bottom of the ramp. Take a right at the Shell Station, which is Kempsville Rd. Come down 3 lights and go left on Kempsville Circle.

#### **FROM VIRGINIA BEACH (interstate)**

Take I-264 West to the Newtown Rd exit. Take a left at the bottom of the ramp. Come down about 1 mile and take a right at the Shell Station, which is Kempsville Rd. Come down 3 lights and go left on Kempsville Circle.

#### **FROM VIRGINIA BEACH BLVD**

Turn at the Food Lion and Rite Aid onto Kempsville Rd (heading towards Newtown Rd). Come down 2 lights to Kempsville Circle and take a right.