

# CENTRE DOWNE HEALTH LLC

Naturopathic Family Medicine and Acupuncture  
Dr. Brian Paterson, ND, Lac and Dr. Kathryn Cranford, ND, NHCM

203 Pickerel Pond Rd. Laconia, NH 03246      (603) 524-9261

**Locally:** Pickerel Pond Rd. is accessible off Rte. 106, 2.4 miles from where Elm St. and Meredith Center Rd. cross Rt. 106/Parade Rd. Pickerel Pond Rd. is the **second Left** after passing Petal Pushers Garden Center on 106N and the **first Right** (a very sharp/poorly marked Right) after passing Roller Coaster Road. Pickerel Pond Rd. runs between Parade Rd. and Meredith Center Rd. The best landmark is a white farm with a huge radio tower in its back yard.

## **From 93 N or S: Take exit 23 for Meredith/New Hampton toward Meredith**

Follow 104 E approximately 5 miles to **Right** on Meredith Center Rd. (R turning lane)

Follow Meredith Center Road for approximately 3 miles through Meredith Center, bearing **Right** to stay on Meredith Center Road (past Child's Park Playground).

You will pass the NH Humane Society on your left. Pickerel Pond Rd. is the first Left immediately after passing the NH Humane Society. (The street sign is on a telephone pole on the right, across from the actual Left hand turn).

1/2 mile on the **Left** set back in a field is a two-story, cedar sided round house. This is 203 Pickerel Pond Rd. If not buried in snow, there are granite boulders at the entrance of the drive, and a green mailbox with 203 on the door.

## **From points East (Rte 25)**

At intersection of 3 and 25 in the center of Meredith, turn **Left** onto Rte 3

Up the hill, **bear Left** for Rte 104 toward New Hampton and 93

Travel about 2 miles to a **Left** onto Meredith Center Rd.

Follow Meredith Center Road approximately 3 miles through Meredith Center, bearing **Right** to stay on Meredith Center Road (past Child's Park Playground).

You will pass the NH Humane Society on your left. Pickerel Pond Rd. is the first Left immediately after passing the NH Humane Society. (The street sign is on a telephone pole on the right, across from the actual Left hand turn).

1/2 mile on the **Left** set back in a field is a two-story, cedar sided round house. This is 203 Pickerel Pond Rd. If not buried in snow, there are granite boulders at the entrance of the drive, and a green mailbox with 203 on the door.

**Once you arrive, watch for wandering chickens as you park anywhere on the edge of the circle at the end of the dirt drive. Centre Downe Health is housed in the smaller building just beyond the end of the driveway. Just come in (you don't need to knock) and have a seat. We will be with you asap!**