

**AAFA New England
Nashoba Valley
Asthma & Allergy Educational Support Group**
Meets 7:00 – 9:00 pm at
**Nashoba Valley Medical Center
200 Groton Road
Ayer, MA**

*There is ample free parking.
Meetings are in the Founder's Room, on the first floor near the main entrance.*

DRIVING DIRECTIONS

From Route 495:

Take exit **29B** to merge onto **Route 2 West**, toward **Leominster**, and follow directions below.

FROM Route 2:

Take exit **38B** for **Rt. 110 E / Rt. 111 N** toward **Ayer/Groton**.

Merge onto **Ayer Rd. / Rt. 110/ Rt. 111** and continue to follow RT-110/RT-111.

At the traffic circle, take the **3rd** exit onto **E. Main St. / Rt.-111 N / Rt. 2A West**. (There is a sign for the Hospital.)

Turn **right** at **Groton Harvard Rd**, which becomes **Groton Road**.

Nashoba Valley Medical Center is on the left.

FROM WESTFORD:

Route 495 to **Exit 31** for **Route 119**. Follow **Rt. 119** past **Groton Country Club**.

Turn **left** onto **Ayer Road**, which becomes **Groton Road**.

Nashoba Valley Medical Center is at the top of the hill on the right.