

Directions

Integrated Health Center

2324 Post Road

Fairfield, CT 06824

Tel 203-259-2700

Fax 203-259-3214

DIRECTIONS: The IHC office is easily accessible off I-95:

From New Haven: Take exit 21, Mill Plain Road. At end of ramp, turn left onto Mill Plain Road. Go under the railroad bridge and at the light turn right onto Post Road. At the second light, turn right into our driveway.

From New York: Take exit 19, Center Street, Southport. At the end of the ramp, go straight. At the third stop sign, turn right onto US 1/Post Road. Go 1/2 mile and at the first light, turn left into our driveway.

The IHC office is also easily accessible from the Merritt Parkway:

From New Haven: Take exit 44. At end of ramp, make two left turns. At lights, turn right onto Congress Street. At first stop sign turn left onto Burr Road, which becomes Mill Plain Road. Continue straight, go under RR bridge and at light turn right onto the Post Road. At the second light, IHC will be on your right.

From New York: Take exit 42. At the end of the ramp, turn left. Bear left at the fork in the road. At the stop sign, go straight. At the next stop sign, you will be at a 'T' in the road. Turn left. Take the first right onto Roseville Road. Go to the end of Roseville Road and at the light, turn left on the Post Road. Go through 9 lights; IHC is at the 10th light on your left.