

DRIVING DIRECTIONS

**ROCKLAND COUNTY
DEPARTMENT OF MENTAL HEALTH
Dr. Robert L. Yeager Health Center
50 Sanatorium Road
Building F
Pomona, New York 10970**

DIRECTIONS FROM ALBANY

- New York State Thruway Southbound to Exit 13 Northbound - Palisades Parkway
- ** Get off at Exit 11 - New Hempstead Road, and turn left.
- Go to the second traffic light - Route 45.
- Turn right at the traffic light and proceed for approximately ½ mile.
- When you get to the first traffic light on Route 45, turn left into the Health Complex on Sanatorium Road.
- Turn left at 4th driveway to Administration, Bldg. F.

DIRECTIONS FROM NEW YORK CITY

- New York State Thruway, or George Washington Bridge -upper level, to Palisades Parkway Northbound.
- If you are taking the George Washington Bridge, stay in the right lane. This will bring you right onto the Palisades Parkway.
- Follow the directions as above. **

FROM ORANGE COUNTY

- Route 6 East to Palisades Interstate Parkway Southbound.
- Follow Parkway South to Exit 12.
- Make a right at the second traffic light - Rte. 45.
- Follow Rte. 45 to Sanatorium Road - second traffic light.
- Make a right into the Health Complex.
- Turn left at 4th driveway to Administration, Bldg. F.

FROM WESTCHESTER COUNTY

- New York State Thruway North across the Tappan Zee Bridge.
- Exit 13 North to Palisades Interstate Parkway.
- Follow the directions as above. **