

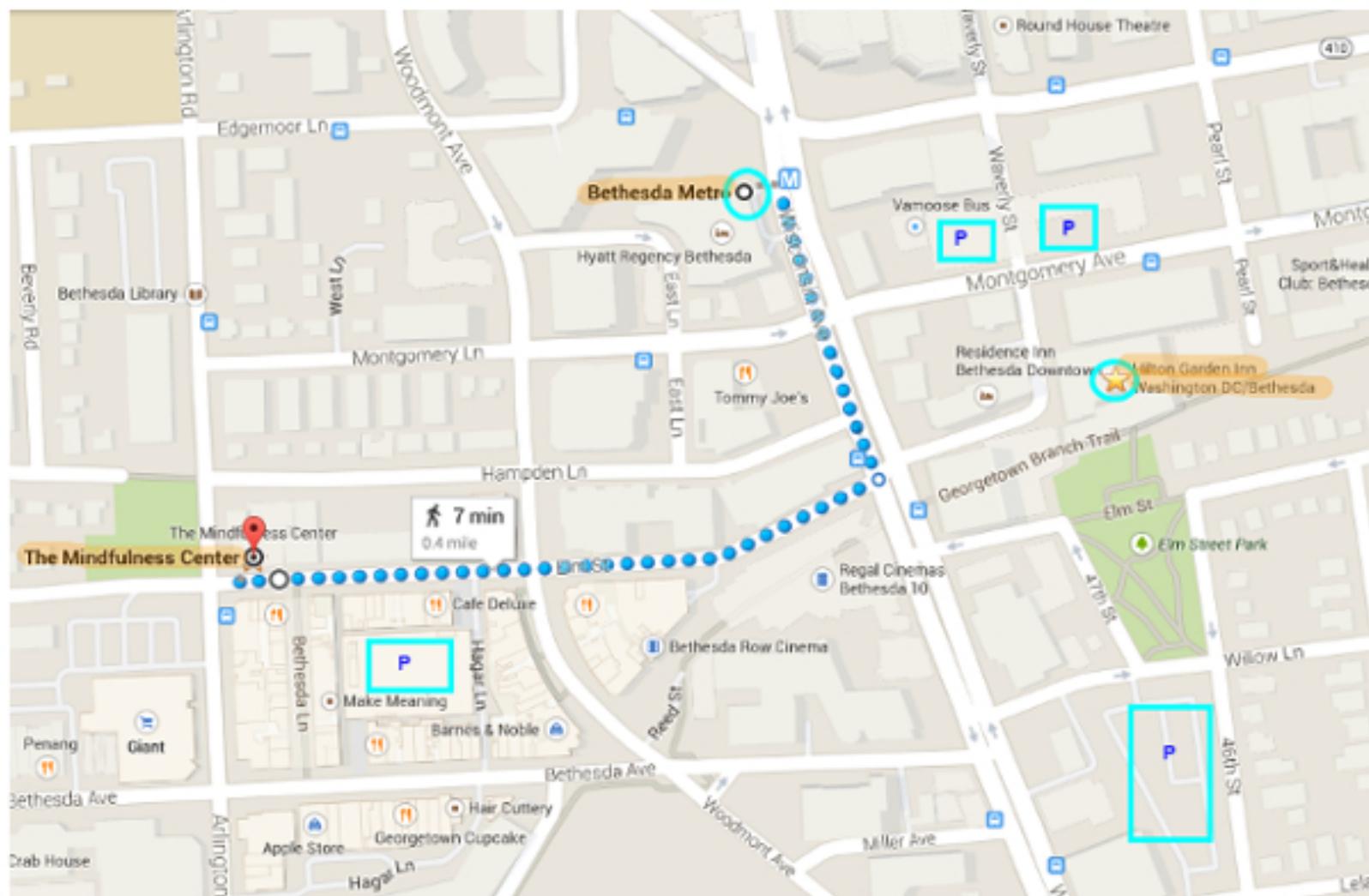
# Mind-Body Week, D.C. Saturday Sunday

**Address:**

**The Mindfulness  
Center**  
4963 Elm Street  
#100, Bethesda, MD  
20814

## **Parking**

Street parking is available  
but sparse.  
Paid parking garages are  
indicated on the map.  
**Please bring coins to pay  
for meters!**



## **Metro to The Mindfulness Center** ~ 7 min walk

Head east on Elm St toward Bethesda Ln  
Turn left onto Wisconsin Ave  
Destination will be on the left

## **Hilton Garden Inn to The Mindfulness Center** ~ 7 min walk

Head south on Waverly St toward Wisconsin Ave  
Continue onto Elm St  
Destination will be on the left