

Course Location: Wilkes Barre, PA

Facility Info: John Heinz Institute of Rehabilitation Medicine Campus
150 Mundy Street, Wilkes-Barre, PA 18702 (570) 826-3976
<http://www.nerehab.com/Directions/heinz.html>

Airport: located approx. 15 mins from John Heinz traveling on I -81 South.

Wilkes-Barre/Scranton International Airport

100 Terminal Road
Avoca, PA 18641
Toll-Free: 1-877-2-FLYAVP
Local: 570-602-2000
Fax: 570-602-2010

Arriving by Automobile:

From Northeast Extension of Pennsylvania Turnpike, Route 476;

- Take Exit 105 (Wilkes-Barre) and turn left at the stop sign onto Route 115 (Cross Valley Expressway).
- Take Exit 1 and bear right at the light (stop sign).
- Approximately ¼ mile at the second light, take a left onto Mundy Street
- Follow Mundy approx. ½ mile to the John Heinz entrance.

From Interstate 81 North or South

- Take exit 170 B (Wilkes-Barre) onto Cross Valley Expressway.
- Take Exit 1 and bear right at the stop sign (light)
- Approximately ¼ mile at the second light, take a left onto Mundy Street
- Follow Mundy approx. ½ mile to the John Heinz entrance.

From Interstate 80 West

- Take exit 284 (old exit 43)
- Follow Route 115 North

From Interstate 80 East

- Take Interstate 81 North to exit 170 B (Wilkes-Barre)
- Follow Route 115 North

From Route 115 North

- Route 115 North becomes 309 North. Take exit 1. At the light, turn right
- Merge to the far left lane. At the second light, turn left onto Mundy Street
- The entrance to Allied Services John Heinz Institute is just passed the Van Scoy Diamond store on the right.

Hotels:

TGI Friday's Holiday Inn (570) 824-8901: located near the John Heinz facility. If you are staying at the Holiday Inn, shuttle service will be available. You must sign up for the shuttle service at the front desk when you register. The shuttle will depart from the hotel once in the morning and will make one return trip in the evening.

The Best Western East Mountain Inn (570) 822 1011

Days Inn (570) 826-0111

Travel Lodge (570) 823-8881

Food: Facility's cafeteria usually open from 11:30am to 1:00 pm and 4:30 to 5:30 for attendees. They offered hot food entrees ranging from \$3 to \$6 as well as fruit, vegetarian sandwiches and granola bars. Also, there are many restaurants located within walking distance of the hotels and the John Heinz Institute.

