

Complete Care Acupuncture and Wellness LLC  
2191 Defense Hwy, #401  
Crofton, MD 21114  
410-697-1235; Press 0 to reach the front desk

We are located on Rte 450 (Defense Hwy) between Rte 3 and Priest Bridge Dr.

We are in the tall office building labelled Priest Bridge Overlook.

There is parking in front of the building, as well as a parking garage in back.

We are on the top floor; take the elevator or stairs and follow signs for suite 401.



**From Annapolis, MD:**

From US-50 W take the MD-3/US-301 exit 13 A-B-C toward Crofton/Richmond then merge onto MD-3 N via Exit 13 B toward Crofton. Go 3.1 miles and make a right at the traffic light at MD-450 E (Defense Hwy). We are the 4 story office building just beyond the Sunoco station on your right.

**From Washington, DC:**

From US-50 E, take MD-3/US-301 Exit 13 A-B-C, toward Crofton/Richmond. Merge onto MD-3/US-301 via Exit 13 B on the left toward Crofton. Go 3.4 miles and make a right at the traffic light at MD-450 E (Defense Hwy). We are the 4 story office building just beyond the Sunoco station on your right.

**From Baltimore, MD:**

From I-695 merge onto I-97 S toward Annapolis/Bay Bridge. Go 9.84 miles and merge onto MD-3 S via Exit 7 toward MD-32 W Bowie/Odenton. Go 7.2 miles and turn left at the traffic light at MD 450 E (Defense Hwy). We are the 4 story office building just beyond the Sunoco station on your right.