

**Directions to The Homemakers Health Services  
215 Rochester Hill Road, Rochester, NH**

**To reach Tom Canfield on Saturday morning, if needed:  
603-534-5453**

From Concord:

Take Route 393 to Route 28 South to the Epsom traffic circle. Go straight through the circle and take Route 4 East.

Follow that through Northwood and on into Lee to another traffic circle. Go  $\frac{3}{4}$  of the way around the circle and head north on Route 125.

Route 125 will take you into Rochester. Go through several sets of lights.

At the 4<sup>th</sup> set of lights **after** going under the Spaulding Turnpike overpass, take a right onto Route 108 - South Main Street. Going up the hill, the Frisbe Memorial Hospital will be on your left. Continue on South Main Street. The road becomes Rochester Hill Road. The facility is on the right.

From Portsmouth, Dover:

Take the Spaulding Turnpike north, getting off at Exit 9. Bear right off of the ramp.

Turn left at the lights onto Route 108.

When you see the Skyhaven Airport sign on the right, begin looking on the left for a blue sign with the facility's name on it just before a long driveway. Take that driveway to the front door.