

## **Edgar Cayce Holistic Center/ ARE Heartland, 259 E Central Rd, Des Plaines**

(within Unity Northwest Church) 847-299-6535 AREChicagoCenter@aol.com www.areheartland.org/chicago

Below are directions using the expressways. If you prefer smaller roads, please consult the maps for routes, and call or email with any questions. Maps are available on our web page and can be mailed. Please call several days ahead to make sure we have time to get back to you!

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### **From the West (Rt 53, I-290, I-90)**

#### **Coming South on Rt. 53:**

- Exit at **Euclid east** & travel East (pass train tracks at Rt. 14, road narrows to 2 lanes).
  - Turn **right onto Rt. 12/ Rand Rd.** which angles SE (Mobile & Citgo stations on right side).
  - Travel SE for 2 miles.
  - After you curve around the Mt. Prospect shopping center and pass the entrance to it at the stoplight at Mt. Prospect Rd., **turn left onto Central Rd.** (at a second stoplight; shopping near L; Citgo near R; Walgreen's far right, Marathon gas station and Burger King far left).
  - Unity & the ECHC will be **after the Harris Bank** on the **right**.
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#### **Coming North on I-355/I-290/Rt. 53:**

- Exit at **Higgins/Golf/Woodfield**. Turn **right/east** on Higgins, travel through forest preserve.
  - Turn **left/north** on **Arlington Heights Rd.**
  - Continue past I-90, Algonquin, & Golf, then **turn right/east at Central Rd** (stoplight).
  - Follow for 3-4 miles, past Rt 83/Elmhurst Rd and Mt. Prospect Rd. We are after the light at Rand Rd/Rt. 12 (Walgreen's R, Citgo L), past the Marathon gas, Burger King and Harris Bank; within Unity Northwest church on the **right**.
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#### **Coming East on I-90:**

- Just past I-290/Rt. 53, you can **exit at Arlington Hts. Rd**
  - **Go north/left** on Arlington Hts. Road.
  - Pass Algonquin, Golf, then watch for Central. **Turn right on Central Road.**
  - Follow for 3-4 miles, past Rt 83/Elmhurst Rd and Mt. Prospect Rd. We are after the light at Rand Rd/Rt. 12 (Walgreen's R, Citgo L), past the Marathon gas, Burger King and Harris Bank; within Unity Northwest church on the **right**.
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### **From the East (I-94, I-294, I-90)**

#### **Coming South on I-294:**

- Exit at **Golf/Rt. 58**, turn **left onto E River** then **quick right onto Golf Rd**, driving west.
- Pass River/Rt. 45, turn **right on Rand/Rt. 12**.
- Pass Wolf, turn **right on Central** (after the Burger King, at the Marathon gas station on the right, Walgreen's on the left).
- Unity and the ECHC will be just **after** the Harris Bank, on the **right**.

**You can get onto 294 N again from Golf, but not S.**

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#### **Coming North on I-294:**

- Exit at **Dempster/Rt.14 West** (the second of two exits together at Dempster/Rt. 14)
- Merge left onto Rt. 14, follow thru downtown Des Plaines, then slight curve and go under viaduct.
- At the **second stoplight** after the viaduct, **turn right onto Mt. Prospect Rd.**
- **At the next light, turn right on Central** (Walgreens on R, Citgo on L).
- Go through light at Rand/Rt12. Unity/ECHC will be just **after** the **Harris Bank**, on the **right**.

**Going home again, you can get onto 294 S the same way, but not N.** Take Rt. 14 back thru downtown Des Plaines, turn right on Rt. 12 just before I-294, then take ramp on right onto 294 S.

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#### **Coming West on I-90:**

Take **I-294 North** & see above.

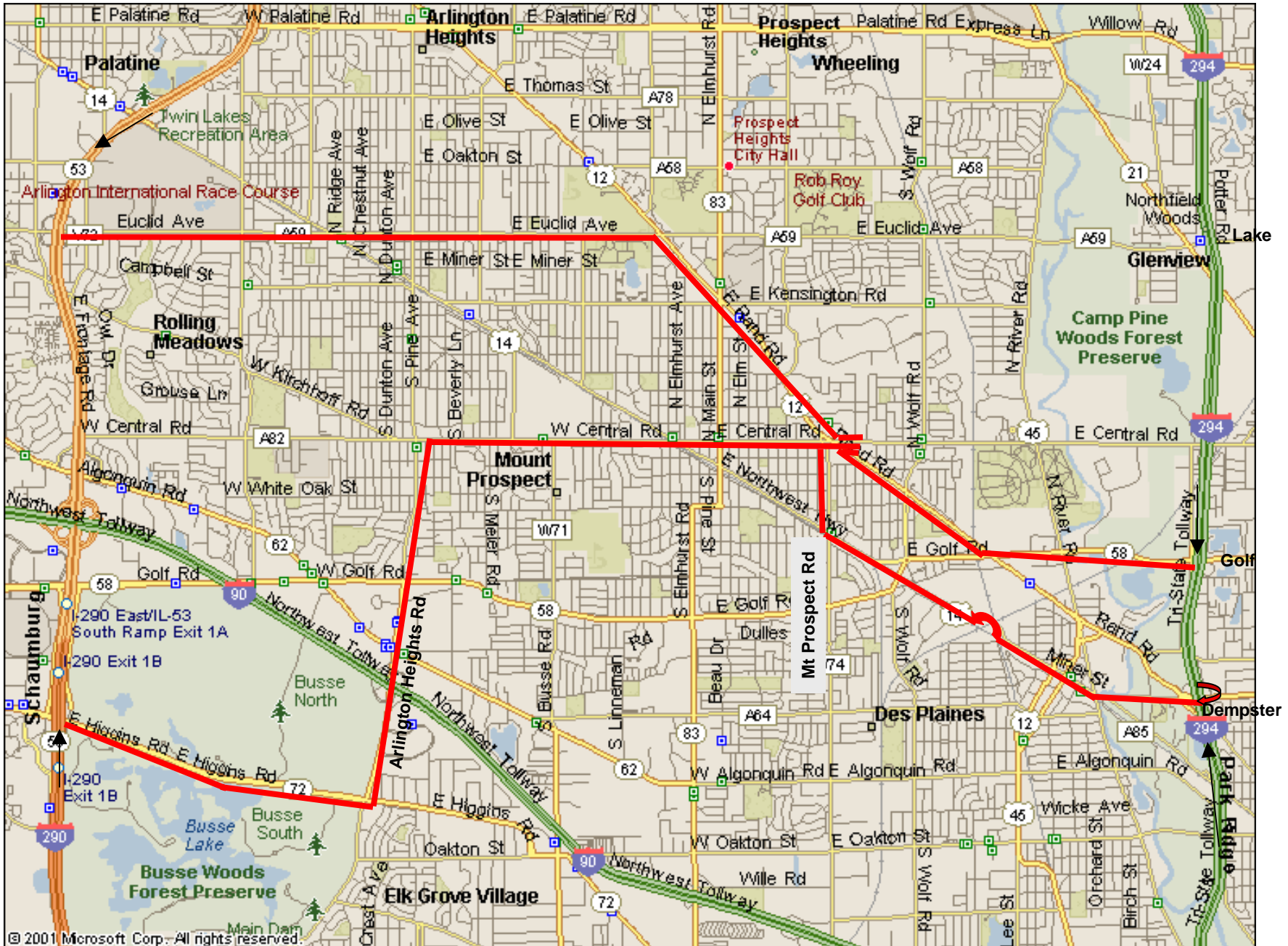
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**Parking:** There is a small parking lot in front of the building, with a few handicapped spaces. There is a Harris Bank next door, and we may park there when the bank is closed. If these spaces are filled, there is a large shopping center NW across Central, and we may park there. All parking is free.

A.R.E./ Edgar Cayce Holistic Center, 259 E Central Road, Des Plaines IL 60016 847-299-6535



ARE/Edgar Cayce Holistic Center Area - Corresponding to Directions  
259 E Central Rd (within Unity Northwest Church) 847-299-6535



**ARE/Unity NW, 259 E Central Road, Des Plaines 847-299-6535**

