

**DIRECTIONS TO: Ann M. Silver, MS, RD, CDE, CDN**  
Registered Dietitian●Nutritionist●Certified Diabetes Educator

## **Riverhead (Aquebogue) office**

East End Endocrine Associates in Naztor Commons

189 Main Road (Route 25), Riverhead, NY 11901

Phone: 631-324-1953

Call: 631-288-7120 for directions only!

### **From points west via Sunrise Highway:**

#### **(From Westhampton – start from Route 31 North which is also Old Riverhead Road)**

Take Sunrise Highway Route 27 East to Exit 63 North, Route 31 North. Continue north on Route 31 North. Make a left onto County Road 104 North (Quogue Riverhead Road). Turn right on County Road 105 North (Cross River Road). Follow County Road 105 North about 3.2 miles until Route 25 making a right at the traffic light to head East. Once on Route 25 East the entrance to the parking lot will come up quickly (the third driveway) on the right. Make a right at the sign that says, "Naztor Commons" /East End Endocrine Associates out front. East End Endocrine is in the rear building. Enter the office and let the staff know you are there to see Ann Silver.

### **From the east via Sunrise Highway:**

Take Sunrise Highway Route 27 West to Exit 65 North, Route 24 North. Turn right on County Road 105 North (Cross River Road) Follow County Road 105 North about 2.2 miles until Route 25 making a right at the traffic light to head East. Once on Route 25 East the entrance to the parking lot will come up quickly (the third driveway) on the right. Make a right at the sign that says, "Naztor Commons" /East End Endocrine Associates out front. East End Endocrine is in the rear building. Enter the office and let the staff know you are there to see Ann Silver.

### **From the Long Island Expressway/Route 495 or From Riverhead:**

Take the LIE to the very end exit 73 South to County Road 58 East (Old Country Road). Continue on Route 58 East straight through the traffic circle at Peconic Bay Medical Center (formerly Central Suffolk Hospital). Cross over Route 105 at which point Route 58 East will change names to Route 25 East. Once on Route 25 East, the entrance to the parking lot will come up quickly (the third driveway) on the right. Make a right at the sign that says, "Naztor Commons" /East End Endocrine Associates out front. East End Endocrine is in the rear building. Enter the office and let the staff know you are there to see Ann Silver.

### **From the North Fork:**

Head West on Route 25/Main Road about 1 mile after the Modern Snack Bar make a LEFT at the sign that says, "Naztor Commons" /East End Endocrine Associates out front. East End Endocrine is in the rear building. Enter the office and let the staff know you are there to see Ann Silver.

**From Walmart:** Continue on Route 58 East passing through the traffic light on Route 105. The street changes from Route 58 to Route 25. After they pass Route 105, it's the 3rd driveway on the right @ Naztor Commons a green sign. East End Endocrine is in the rear building. Enter the office and let the staff know you are there to see Ann Silver.