

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

East Hampton office

496 Sag Harbor Turnpike (Route 114), East Hampton, NY 11937
Phone: 631-324-1953

From East Hampton:

From the intersection of Stephen Hand's Path and Route 114 on Route 114 heading north, the office is about one mile north (in the direction of Sag Harbor) on the west or left side of the road. (It is after the Goodfriend Park where the Ross school is.) There is a sign out front for Perry Silver, dentist and 496 is on the mailbox. Make a left into the driveway. Follow below*.

From Sag Harbor:

Take Route 114 about 3 miles south of the village of Sag Harbor (in the direction of East Hampton). There is a sign out front for Perry Silver, dentist and 496 is on the mailbox. (It is before the Goodfriend Park where the Ross school is.) Make a right into the driveway. Follow below*.

From Riverhead:

Take Sunrise Highway Route 27 East which becomes County Road 39A East when the road goes from two lanes to one. Continue on County Road 39A and then follow the signs for Montauk Highway Route 27 East towards Montauk. Continue following directions from Southampton.

From Southampton:

Take Montauk Hwy Route 27 East into the town of Wainscott. You will pass the Wainscott post office on the right. Further up on the left you will see a sign for the East Hampton Airport—make a left onto that road—Daniel's Hole Road and take it to the very the end which is Route 114. (The name of the road changes to Wainscott Northwest Road.) At Route 114 make a right turn, heading south. Continue for 0.9 miles (in the direction of East Hampton). There is a sign out front for Perry Silver, dentist and 496 is on the mailbox. (It is before the Goodfriend Park where the Ross school is.) Make a right into the driveway. Follow below*.

*496 is the first house on the right—tan house with green shutters. Park and come to the front door. If the door is locked ring the door bell otherwise just walk in.