

Washington Center for Weight Management & Research  
2800 S. Shirlington Road, Suite 550  
Arlington, VA 22206  
703-807-0037

## **Driving Directions**

### **From Northern Virginia**

Take 395 North to the Shirlington exit (Exit 6). On the overpass, move immediately to the right lane and take the Shirlington Road/Arlington Mill Drive exit. The entrance to the parking garage will be immediately on your right before you get to the stop light at the end of the ramp.

### **From Washington, D.C.**

Take Memorial Bridge or 14th Street Bridge to 395 South. Continue to Shirlington/Glebe Road exit (Exit 7). Follow signs to Shirlington until you reach the first traffic light at Shirlington Road. Take a left u-turn at the traffic light to drive directly into the parking garage.

### **From Maryland or Virginia via 495 and the George Washington Parkway**

From 495 take the GW Parkway exit toward Washington D.C.. Exit toward 395 South. Merge onto Washington Boulevard toward 395 South, then follow the signs to merge onto 395 South via the ramp on the left. Continue to Shirlington/Glebe Road exit (Exit 7). Follow signs to Shirlington until you reach the first traffic light at Shirlington Road. Take a left u-turn at the traffic light to drive directly into the parking garage.

### **Via public transportation**

While WCWMR is not on a Metro subway line, it is a short ride from the Pentagon Metro subway station via Metrobus. You can use [Metro's Trip Planner](#) to plan your route.