



***From the south**

Take Newport exit off I-95, go left on Route 7 north to Dover-Foxcroft. At traffic light in downtown Dover-Foxcroft, take left onto West Main Street and travel one-half mile, going straight through second traffic light. Mayo Regional Hospital will be on the right, both entrances clearly marked by signs.

***From the east**

Follow Route 15 from Bangor area. Route 15 becomes Main Street in Dover-Foxcroft. Follow Main Street straight through traffic lights downtown and at Monument Square (Civil War monument at left), and Mayo Regional Hospital will be on the right, both entrances clearly marked by signs.

***From the west**

Follow Route 15 from Guilford, past Dover-Foxcroft Shopping Plaza and Foxcroft Academy. Mayo Regional Hospital will be on the left, both entrances clearly marked by signs.

***Conference Rooms are located in the Resource Center at the back of the hospital. There is a parking lot across the street from the Resource Center on Dwelley Avenue.**