

**Duke Integrative Medicine
Mindfulness Based Stress Reduction Program**

DAY OF MINDFULNESS

9:00 am to 4:00 pm

**ST. STEPHEN'S EPISCOPAL CHURCH :: 82 Kimberly Drive :: Durham, NC
919-493-5451**

Bring a yoga mat and/or sitting cushion, and your lunch. We don't have access to the church's refrigerator, so bring a cooler or non-perishable food.

DIRECTIONS

From the West (Chapel Hill, Greensboro, Winston-Salem)

- Take I-40 East to Exit # 274 (Highway 751)
- Turn left onto 751 (North)
- Go through the 751/54 intersection, staying on 751. (After this intersection, 751 is also named Hope Valley Rd.)
- Pass Woodcroft Shopping Center, which is on your right)
- Look for Swathmore Rd. on your left. Rugby Rd. is your next left. (You will see a very little bridge on Hope Valley Rd. just ahead.)
- Turn left onto Rugby Road (You will see the Episcopal Church Sign at the corner)
- St. Stephen's Episcopal Church is at the top of the hill at the corner of Rugby and Kimberly Drive.
- There's a large parking lot at the church. Go to the Fellowship Hall entrance.

From the East (Cary, Raleigh)

- Take I-40 West to Exit # 274
- Turn right onto 751 (North)
- Go through the 751/54 Intersection Staying on 751
(After this intersection, 751 is also named Hope Valley Road)
- Go through several stop lights (including Woodcroft Shopping Center which is on your right)
- Look for Swathmore Rd. on your left. Rugby Rd. is your next left. (You will see a very little bridge on Hope Valley Rd. just ahead.)
- Turn left onto Rugby Rd. (You will see the Episcopal Church sign at the corner)
- St. Stephen's Episcopal Church is at the top of the hill at the corner of Rugby and Kimberly Drive.
- There's a large parking lot at the church. Go to the Fellowship Hall entrance.

From DUMC and Duke University

- Take Erwin Road to Cameron Blvd. or 751 South.
- Turn left onto Cameron Blvd., heading towards the entrance to the Washington Duke Inn or 751 South. At some point Cameron becomes Academy Drive.
- Academy (751) dead ends at University Drive.
- Turn left onto University Drive.
- University Drive changes from a multi-lane road to a two-lane road.
- Turn right onto Hope Valley Road. (Epworth United Methodist Church is on the corner.) Hope Valley Rd. is also 751.
- Follow Hope Valley Rd. (You will pass the golf course and eventually go over a little bridge at the bottom of a hill.) Rugby Rd. is just after the bridge.
- Turn right onto Rugby Rd. (You will see the Episcopal Church sign at the corner)
- St. Stephen's Episcopal Church is at the top of the hill at the corner of Rugby and Kimberly Drive.
- There's a large parking lot at the church. Go to the Fellowship Hall entrance.