



**Mailing Address:**

Anne Beecher, Therapeutic Massage and The Stretching Resource  
PO Box 1084, Westford, MA 01886

978-452-4997

**Directions to Westford Office**, 234 Littleton Road Suite 1D - Quiet, comfortable, convenient.

**From the North:**

I-495 S

Take the Boston Rd exit, EXIT 32, toward Westford

Turn LEFT at lights onto Boston Road

Get in far right lane and go RIGHT onto Little Rd/RT-110

234 Littleton Road is on the LEFT.

So, right after Bamboo Restaurant and Meat Again on your left look for a Blue Sign that says Westford Commons and turn in.

Keep the office condos on your right and go to the middle entrance on your right.

After you go in, it is Suite 1D, first floor, toward the back right corner.

**From the South:**

I-495 North

Take the BOSTON RD exit, Exit 32, toward WESTFORD

Turn RIGHT onto BOSTON RD

Get in far right lane and go RIGHT onto Little Rd/RT-110

234 Littleton Road is on the LEFT.

So, right after Bamboo Restaurant and Meat Again on your left look for a Blue Sign that says Westford Commons and turn in.

Keep the office condos on your right and go to the middle entrance on your right.

After you go in, it is Suite 1D, first floor, toward the back right corner.