



**Reproductive Medicine Associates of New York**  
**Long Island**  
**400 Garden City Plaza, Suite 107**  
**Garden City, NY 11530**  
**Phone: (516) 746-3633**  
**Fax: (516) 746-3622**  
**Website: [www.rmany.com](http://www.rmany.com)**

**Directions:**

**From the Northern State Parkway West/East:**

Take Northern State Parkway to Exit 31A, Meadowbrook Parkway South. Exit Meadowbrook Parkway at Exit M2 West, at the "Shopping Mall" sign. Follow the off-ramp and you will see the mall. Bear right onto Ring Road East. Shortly after you pass the Grand Lux Café on your left, you will see a cluster of office buildings on your right-hand side. After you pass the first large office building, make a right into the parking lot entrance for 400 Garden City Plaza. Park anywhere that is not marked "reserved" on the ground.

**From the Southern State Parkway West/East:**

Take Southern State Parkway to Meadowbrook Parkway North via Exit 22 North. Follow directions from Meadowbrook Parkway to RMA of New York as indicated above.

**From the Long Island Expressway:**

*Westbound-* Take the LIE to Northern State Parkway West via Exit 42  
*Eastbound-* Take the LIE to Northern State Parkway East via Exit 38

Follow directions from Northern State Parkway to RMA of New York as indicated above.

**From Queens:**

Take Grand Central Parkway East (becomes Northern State Parkway) to Meadowbrook Parkway/Jones Beach. Take Exit M-2 West. Follow directions from Meadowbrook Parkway to RMA as indicated above.

**Public Transportation:**

RMA of New York is accessible via the MTA's Long Island Bus and Long Island Railroad. For bus information call 516-228-4000 and for Long Island Railroad schedules call 516-822-LIRR or visit [www.lirr.org](http://www.lirr.org). Take the Long Island Railroad to the Mineola station.