

URSULA RIDENS, RD INC.
NUTRITION THERAPY

Office Address and Directions

La Mesa Office (near Lake Murray)

5575 Lake Park Way, Suite 114
La Mesa, CA 91942

Your appointment date and time is: _____.

I look forward to meeting with you. If you should need to cancel or change your appointment, please contact me 24 hours prior to your appointment time (619) 993-7895. If you become lost in trying to find the location please contact me at (619) 993-7895.

Thank you,
Ursula Ridens, Registered Dietitian
President, Ursula Ridens, RD Inc.

Directions:

From 5, 805, or 15 Freeways

- Connect to the 8 Freeway. Go East towards La Mesa.
- Take the Lake Murray Blvd. exit (exit 11). Stay in the far right hand lane.
- Exit right. Merge onto Lake Murray Blvd. heading North back over the freeway.
- Follow Lake Murray Blvd. to Lake Park Way - turn left on Lake Park Way (just before Jiffy Lube and Baltimore Dr.).
- Follow Lake Park Way to 5575 Lake Park Way.
- Turn right into the parking lot.
- Enter the building through the double glass doors on your right-hand side as you enter the parking lot.
- You will see a water fountain in the center of the courtyard area. Suite 114 is on your right.

From the 125 Freeway or East County

- Connect to the 8 Freeway West.
- Exit at El Cajon Blvd. At the end of the exit turn right onto Baltimore Dr.
- Continue on Baltimore Dr. (past Lake Murray Blvd.) and turn left at Lake Park Way (next to the 7/11).
- Follow Lake Park Way to 5575 Lake Park Way.
- Turn left into the parking lot.
- Enter the building through the double glass doors on your right-hand side as you enter the parking lot.
- You will see a water fountain in the center of the courtyard area. Suite 114 is on your right.

5575 LAKE PARK WAY, SUITE 114, LA MESA, CA 91942
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