



Ingrid Knight, RD and Associates, Inc.

Nutrition Therapy, Consulting

Directions to Nutrition Counseling

From Loop 10

Exit at the Oconee Connector. If you're coming from the North (Tallassee, Prince, Winterville, etc.) you'll be making a right off the exit. Take your first right onto Virgil Langford Parkway (Bank on corner). Take your first right onto Jennings Mill Road. Head about 1/2 mile down Jennings Mill until you come to the Resource Valley Office Condo complex on your left. Enter Resource Valley make a right at the first stop sign, then another right, then another right, and we are the first building on the right, suite #2900 A.

From Atlanta Hwy/GA-78

Take Atlanta Hwy. to Jennings Mill Rd., which is before the mall if you're coming west from downtown or after the mall if you are coming east towards downtown (Five Points Store on corner). Head about 2 miles down Jennings Mill until you come to the Resource Valley Office Condo complex on your right. Enter Resource Valley make a right at the first stop sign then another right, then another right, and we are the first building on the right, suite #2900 A.

From GA-316/Watkinsville

Take 316 to the Oconee Connector (Mars Hill Rd.). Turn onto Oconee Connector. If you are coming from the West (North Atlanta, Barrow co., etc), you'll be making a left onto Oconee Connector. If you are coming from Watkinsville, stay straight on Oconee Connector over 316. Take your first left onto Virgil Langford Parkway (Bank on corner). Take your first right onto Jennings Mill Road. Head about 1/2 mile down Jennings Mill until you come to the Resource Valley Office Condo complex on your left. Enter Resource Valley make a right at the first stop sign, then another right, then another right, and we are the first building on the right, suite #2900 A.

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