



Table of Contents

Core Lifestyle Clinic Office Directions.....page 2

Rochester Office Directions.....page 5



Core Lifestyle Clinic Office Directions

North Loop is located at [221 N First St. Minneapolis, MN 55401](https://www.google.com/maps/place/221+N+First+St,+Minneapolis,+MN+55401). When you reach this address, you'll see a brick building with a couple of different signs of businesses that are in the same building, including Core's.



You can enter the building through two double doors that are under a sign that says "Fisher."





From the entrance, the clinic is located on the first floor at the very end of the hallway.



Walk all the way to the back!



This door!

Amenities:

Core Lifestyle Clinic is a great practice with friendly administrative staff there to help you with scheduling or paperwork. This location also has a locker room to safely store any of your belongings during your appointment, as well as bathrooms and showers for you to use following your appointment if you need. The clinic also has a spacious waiting room. Feel free to arrive early and take advantage of the coffee and quiet ambiance as you wait for your appointment!







Where to Park:



Core Lifestyle Clinic Address: 221 N 1st St, Minneapolis, MN 55401.

Outside the clinic and around the clinic, there is metered street parking which you can pay with a card, cash, or with the Flowbird Parking app.

Additionally, there are parking ramps, lots, and garages that are nearby at the following addresses:

- 128 N 2nd St, Minneapolis, MN 55401
 Estimated walking time to office: 4 minutes
- 25 N 1st St, Minneapolis, MN 55401
 Estimated walking time to office: 4 minutes
- 30 S 2nd St, Minneapolis, MN 55414
 Estimated walking time to office: 7 minutes
- 398 N 3rd St, Minneapolis, MN 55401
 Estimated walking time to office: 8 minutes

There is also some free street parking, but availability is highly variable:

- At 51 N 4th Ave, Minneapolis, MN 55401 there is parking on both sides of the street with 4-hour limits.
 Estimated walking time to office: 3 minutes
- At 301 NE Main St, Minneapolis, MN 55413 there is parking on both sides of the road without limited time allotments. Please be mindful that there is a bridge, and that it can be windy to walk this path during the winter.
 Estimated walking time to office: 15 - 20 minutes

Important Notice:

If there is a sporting event or concert in the area, getting into the city and finding parking is considerably time-consuming; so please plan accordingly. Per the practice policies, there is a 24-hour cancellation policy, and if you are late to the appointment, that time will be deducted from your total appointment allotment.



Rochester Office Directions

The Rochester office is located inside Anytime Fitness. The address is [1629 N Broadway Ave, Rochester, MN, 55901](#).



Amenities:

This office location offers free parking.

Contact:

If you need to reach the office, you can use the following contact information:

By Phone: (507) 722-1823

By Email: hello@laurameihofer.com