



By Truck:

Thruway (90) to the 190 North (Exit 53)
190 North to Clinton Street Exit (route 354)
Take a right at end of exit ramp.
1.1 miles straight, just before low bridge
Turn right on Metcalfe Street
1 block up on left hand side
Mint green building is CDI

By Car:

Thruway (90) to the 190
190 to the Smith and Fillmore exit
North on Fillmore Avenue.
Go past Seneca Street, next major intersection is Clinton Street.
Right on Clinton Street.
Go under viaduct, and make an immediate left on Metcalfe Street.
1 Block up on left hand side is CDI.