

Please complete the following forms: 1) Client Information Disclaimer 2) Health History Questionnaire 3) Additional Client Questionnaire then bring them with you to your appointment. These forms may be accessed from my website at: <https://www.debbiesnrg.com> by clicking on the 'download's' link, then scrolling to 'Patient forms'. Click on the forms to open them. You may print them and bring the completed forms with you to your appointment OR copy and paste them into your word document file then email the completed forms to me prior to your appointment. If you choose to email the completed forms type in the subject line **'Appointment with Debbie Ulrich'**.

Also, if you are taking any supplements or medications bring them with you. Bring any blood or lab test results you have which were done in the past 2 years.

**Kindly give 24-hour notice should you need to reschedule your appointment.**

Payment is expected when services are rendered by check, cash, Zelle or PayPal. I do not accept credit cards, debit cards or insurance.

**My house/office cannot be found on GPS. You MUST follow directions below once you enter my neighborhood.**

Directions to my office are:

## **MARYLAND**

### **FROM 695:**

#### **97/Veteran's Hwy/Benfield Blvd. East**

Follow 97 South to the Benfield Blvd. exit 10. The exit brings you to a light at Veteran's Hwy. Follow Benfield Blvd. to the community of **Chartwood**. Make a left onto Wellerburn Ave. I am approximately the 10 or 12<sup>th</sup> house on the right. Turn right into the drive. I sit on a flag lot and share it with a neighbor, so make an immediate left on the driveway towards the two-story house which sits way back on the lot. (My neighbor has the rancher). Follow the drive around the left side of the house and a two-story detached garage will appear in front of you. You will see a sign on the left side of the garage which reads 'NRG WORKSHOP' Enter there.

### **From Bowie/ Southern Maryland**

#### **97/Veteran's Hwy/Benfield Blvd. East**

Follow Route 3/301 North which will merge with 97 North (**DO NOT TAKE 97 TO ANNAPOLIS exit because Rte. 3/301 will merge back with 97 North of Crofton**) to the Benfield Blvd. exit 10. The exit brings you to a light at Veteran's Hwy. Make a left onto Veteran's Hwy. staying in the right lane to make an immediate right onto Benfield Blvd. Follow Benfield Blvd. to the community of **Chartwood**. Make a left onto Wellerburn Ave. I am approximately the 10 or 12<sup>th</sup> house on the right. Turn right into the drive. I sit on a flag lot and share it with a neighbor, so make an immediate left on the driveway towards the two-story house which sits way back on the lot. (My neighbor has the rancher). Follow the drive around the left side of the house and a two-story detached garage will appear in front of you. You will see a sign on the left side of the garage which reads 'NRG WORKSHOP' Enter there.

### **From Glen Burnie / Pasadena**

#### **Ritchie Hwy. / East-West Pkwy.**

Follow Ritchie Hwy. North to East-West Pkwy. Make a right onto East-West Pkwy. Follow to Woodland Rd and make a left. This road changes names after a short distance and becomes Devonshire Lane as you enter the back side of the community of Chartwell. Follow this until it dead ends at St. Ives Rd. and make a right. Follow St. Ives Rd. past the Chartwell Country Club. Look for Dunn-Robbin Rd on your right. Turn onto Dunn-Robbin Rd. and follow one house, and then make a right onto Hawick Dr. Follow to the traffic circle. Make a left onto Wellerburn Ave. and I am the 3<sup>rd</sup> driveway on your left. 673 Wellerburn Ave. I sit on a flag lot and share it with a neighbor, so make an immediate left on the driveway towards the two-story house which sits way back on the lot. (My neighbor has the rancher). Follow the drive around the left side of the house and a two-story detached garage will appear in front of you. You will see a sign on the left side of the garage which reads 'NRG WORKSHOP' Enter there.

### **From Annapolis/Arnold**

#### **Ritchie Hwy. / Robinson Rd. to Benfield Rd.**

Follow Ritchie Hwy. North to Robinson Rd. and make a left at the light onto Robinson Rd. This road becomes Benfield Rd. at the Severna Park High School. Follow about 2 3/4 miles. Benfield Rd. becomes Benfield Blvd. Continue straight on Benfield Blvd. (Do NOT take the Y onto Benfield Rd.) Turn right 0.2 miles onto Wellerburn Ave. I am approximately the 10 or 12<sup>th</sup> house on the right. Turn right into the drive. I sit on a flag lot and share it with a neighbor, so make an immediate left on the driveway towards the two-story house which sits way back on the lot. (My neighbor has the rancher). Follow the drive around the left side of the house and a two-story detached garage will appear in front of you. You will see a sign on the left side of the garage which reads 'NRG WORKSHOP' Enter there.

### **FROM 100 EAST:**

#### **97/Veteran's Hwy/Benfield Blvd. East**

Follow 97 South to the Benfield Blvd. exit 10. The exit brings you to a light at Veteran's Hwy. Follow Benfield Blvd. to the community of **Chartwood**. Make a left onto Wellerburn Ave. I am approximately the 10 or 12<sup>th</sup> house on the right. Turn right into the drive. I sit on a flag lot and share it with a neighbor, so make an immediate left on the driveway towards the two-story house which sits way back on the lot. (My neighbor has the rancher). Follow the drive around the left side of the house and a two-story detached garage will appear in front of you. You will see a sign on the left side of the garage which reads 'NRG WORKSHOP' Enter there.

### **FROM 32 EAST:**

#### **97/Veteran's Hwy/Benfield Blvd. East**

Follow 97 North to the Benfield Blvd. exit 10. The exit brings you to a light at Veteran's Hwy. Make a left onto Veteran's Hwy. staying in the right lane to make an immediate right onto Benfield Blvd. Follow Benfield Blvd. to the community of **Chartwood**. Make a left onto Wellerburn Ave. I am approximately the 10 or 12<sup>th</sup> house on the right. Turn right into the drive. I sit on a flag lot and share it with a neighbor, so make an immediate left on the driveway towards the two-story house which sits way back on the lot. (My neighbor has the rancher). Follow the drive around the left side of the house and a two-story detached garage will appear in front of you. You will see a sign on the left side of the garage which reads 'NRG WORKSHOP' Enter there.

### **From Northern Maryland:**

#### **I-95 South**

I-95 (JFK Memorial Hwy.) South toward Baltimore. Follow to EXIT 62 toward Baltimore Harbor/Tunnel Thruway to Annapolis. Follow to I-895 S/Harbor Tunnel Thruway toward Harbor Tunnel. Keep right to prepare for Exit 6 toward I-97 South /MD 2 South Annapolis /Glen Burnie exit which brings you to I-97 South. Follow I-97 South to the Benfield Blvd. exit 10. The exit brings you to a light at Veteran's Hwy. Follow Benfield Blvd. to the community of **Chartwood**. Make a left onto Wellerburn Ave. I am approximately the 10 or 12<sup>th</sup> house on the right. Turn right into the drive. I sit on a flag lot and share it with a neighbor, so make an immediate left on the driveway towards the two-story house which sits way back on the lot. (My neighbor has the rancher). Follow the drive around the left side of the house and a two-story detached garage will appear in front of you. You will see a sign on the left side of the garage which reads 'NRG WORKSHOP' Enter there.

## **VIRGINIA/ WASHINGTON DC**

### **FROM 495:**

#### **Virginia/ Washington DC**

Follow 495 to 95 North. Follow to 32 East Exit. Follow 32 East past NSA/Ft. Meade to 97 North. Follow 97 North to the Benfield Blvd. exit 10. The exit brings you to a light at Veteran's Hwy. Follow Benfield Blvd. to the community of **Chartwood**. Make a left onto Wellerburn Ave. I am approximately the 10 or 12<sup>th</sup> house on the right. Turn right into the drive. I sit on a flag lot and share it with a neighbor, so make an immediate left on the driveway towards the two-story house which sits way back on the lot. (My neighbor has the rancher). Follow the drive around the left side of the house and a two-story detached garage will appear in front of you. You will see a sign on the left side of the garage which reads 'NRG WORKSHOP' Enter there.

### **FROM 50:**

#### **Virginia/ Washington DC**

Follow 50 to 97 North to the Benfield Blvd. exit 10. The exit brings you to a light at Veteran's Hwy. Follow Benfield Blvd. to the community of **Chartwood**. Make a left onto Wellerburn Ave. I am approximately the 10 or 12<sup>th</sup> house on the right. Turn right into the drive. I sit on a flag lot and share it with a neighbor, so make an immediate left on the driveway towards the two-story house which sits way back on the lot. (My neighbor has the rancher). Follow the drive around the left side of the house and a two-story detached garage will appear in front of you. You will see a sign on the left side of the garage which reads 'NRG WORKSHOP' Enter there.

## **PENNSYLVANIA**

### **Eastern PA from 83:**

Follow 83 South to 695 East to I-95 (JFK Memorial Hwy.) South toward Baltimore. Follow to EXIT 62 toward Baltimore Harbor/Tunnel Thruway to Annapolis. Follow to I-895 S/Harbor Tunnel Thruway toward Harbor Tunnel. Keep right to prepare for Exit 6 toward I-97 South /MD 2 South Annapolis /Glen Burnie exit which brings you to I-97 South. Follow 97 South to the Benfield Blvd. exit 10. The exit brings you to a light at Veteran's Hwy. Follow Benfield Blvd. to the community of **Chartwood**. Make a left onto Wellerburn Ave. I am approximately the 10 or 12<sup>th</sup> house on the right. Turn right into the drive. I sit on a flag lot and share it with a neighbor, so make an immediate left on the driveway towards the two-story house which sits way back on the lot. (My neighbor has the rancher). Follow the drive around the left side of the house and a two-story detached garage will appear in front of you. You will see a sign on the left side of the garage which reads 'NRG WORKSHOP' Enter there.