



Creative Wellness is centrally located in the Southside area of Birmingham on 23rd Street South just off Red Mountain Expressway (Hwy 280/31). We are in between University Blvd & Highland Avenue (around the corner from Bottega restaurant) in a two-story red brick house. There is a “Creative Wellness” sign in the front yard. We have plenty of parking in the front, side and back of the building.

From I-65 heading North:

Take University Blvd (Exit 259) towards UAB. Stay on University Blvd until you get to 23rd Street South. Turn right on 23rd then go through 1 stop light and a 4-way stop. Our office is the 4th building on the right after the 4-way stop.

From I-65 heading South:

Take I-59/20 (exit 261A) heading East. Then take Hwy 280/31 South (Exit 126A). Heading south on Hwy 280/31, take the University Blvd/8th Ave Exit. Turn right onto University Blvd towards UAB. In a couple of blocks, turn left on 23rd Street South. You'll go through 1 stop light and a 4-way stop. Our office is the 4th building on the right after the 4-way stop.

From Hwy 280 heading North/West:

Exit at the Highland Ave / Arlington Ave Exit. After exiting stay to the left to go to Highland Ave rather than turning right to go to Arlington Ave. When you “T” into Highland Ave there will be a tall condominium building directly in front of you. At the corner of the building is 23rd Street So. So you'll make a right onto Highland then a quick left onto 23rd Street. Our office is one block down 23rd on the left.

From Hwy 280 heading South/East:

Take the University Blvd/ 8th Ave Exit. Turn right onto University Blvd towards UAB. In a couple of blocks, turn left on 23rd Street South. You'll go through 1 stop light and a 4-way stop. Our office is the 4th building on the right after the 4-way stop.