

# Patient Info

## Parking, Directions & Bus Access

### BOOK YOUR APPOINTMENT ONLINE NOW

*Q: Do you have parking?*

We provide free underground parking for our clients on a first come first serve basis. Here is some helpful information regarding access to the parking.

- Underground parking entry is directly off of Lakeshore Blvd
- You will need to buzz the concierge / security using the intercom
- Please tell them you have an appointment at Physio First Lakeshore
- After entry follow the blue '2230 Lakeshore visitor parking signs' to P1
- You can park in any of the visitor spots located on P1
- Follow the exit signs that lead you to the elevator
- You will need to buzz the concierge / security a second time by using code '3000.' Alternatively, you can buzz directly to our office by using code '8410' so we can let you in.
- Take the elevator to the ground floor, head towards the main lobby, exit the front doors, turn right and we are in the second office on the street level

*Q: Are you accessible to public transit?*

We are accessible via the 501 & 301 TTC streetcar. Physio First is located between 2 stops and is a short walk to the clinic.