



VHMG – Teaneck Center
780 Cedar Lane
Teaneck, NJ 07666

201-836-7664

Directions from Route 4: Take Route 4 to the River Road exit toward Bogota/Ridgefield Park (South). Take River Road to the traffic light at Cedar Lane (3 gas stations at intersection). Make a right onto Cedar Lane. Center is one block on the left.

Directions from Route 17: Take Route 17 to exit for Route 4 East. Take Route 4 East to the River Road exit. At traffic light at base of exit ramp, make a right onto River Road. At traffic light on Cedar Lane, make a right. Center is on the left.

Directions from The Valley Hospital: Take Route 17 South to Route 4 East. Take Route 4 East to the River Road - Bogota/Ridgefield Park (South) exit. Turn right onto River Road. Take to the traffic light. This is the intersection of River Road and Cedar Lane. Turn right onto Cedar Lane. VHMG is one block up on the left.

Directions from The Kraft Center: Take Route 17 South to Route 4 East. Take Route 4 East to the River Road - Bogota/Ridgefield Park (South) exit. Turn right onto River Road. Take to the traffic light. This is the intersection of River Road and Cedar Lane. Turn right onto Cedar Lane. VHMG is one block up on the left.

Directions from The Luckow Pavilion: Take Route 17 South to Route 4 East. Take Route 4 East to the River Road - Bogota/Ridgefield Park (South) exit. Turn right onto River Road. Take to the traffic light. This is the intersection of River Road and Cedar Lane. Turn right onto Cedar Lane. VHMG is one block up on the left.

Valley Health Medical Group

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