



GOODMEDICINE
Proactive Solutions for Health and Vitality

Travel Packet

Welcome to Good Medicine!

Dear Patient,

We are thankful to have you join Good Medicine and the movement to revolutionize health care. In effort to best coordinate your travels we have created this travel packet.

LODGING:

The Hampton

Address: 375 S College Ave, Oxford, OH 45056

Phone: [\(513\) 524-2012](tel:5135242012)

Web: [www. http://hamptoninn3.hilton.com/](http://hamptoninn3.hilton.com/)

This modern hotel is 4 blocks from Miami University and a 9-minute walk from a nearby shopping center. The Hampton has offered our patients a discounted fare of \$89/night Sunday-Thursday. Please tell the front desk you are a patient of Dr. Nathan Morris, MD of Good Medicine

Contemporary rooms include: free WiFi and custom-designed beds, plus desks, flat-screen TVs with HD channels and coffeemakers. There are limited rooms with refrigerators. Be sure to request this feature when reserving your room.

There's free hot breakfast (or weekday breakfast bags to go), as well as a fitness center and an indoor pool. Additional amenities include a meeting room and a business center, plus coin laundry and free parking.

DINING:

Chipotle: Build your own Mexican Bowl without Corn or Wheat tortillas

Address: 1 W High St, Oxford, OH 45056

Phone: [\(513\) 523-6563](tel:5135236563)

Kona Bistro: Offers Gluten Free Options. Double check in regards to dairy.

Address: 31 W High St, Oxford, OH 45056

Phone: [\(513\) 523-0686](tel:5135230686)

Web: www.konabistro.com/menu/gluten-free/

Patterson's Cafe: Offers Gluten and Casein Free options. Note: The syrup is conventional with high fructose corn syrup and many additives. They do offer natural syrup for an additional fee.

Address: 103 W Spring St, Oxford, OH 45056

Phone: (513) 523-0770

Web: <http://www.pattersonscafe.com/>

Graeter's Ice Cream: Offers a few flavors of sorbet, which are casein free

Address: 29 W High St, Oxford, OH 45056

Phone: (513) 273-2000

Kofenya: Local coffee shop, which sells locally made allergen free treats

Address: 38 W High St, Oxford, OH 45056

Phone: (513) 523-2195

Kroger's: Offers an excellent natural food department. Kroger's is located close to The Hampton.

Address: 300 S Locust St, Oxford, OH 45056

Moon Co-Op: Oxford's Health Food Store. Located in same shopping plaza as Kroger's

Address: 512 S Locust St, Oxford, OH 45056

Phone: (513) 280-5020

Web: <http://mooncoop.coop/>

THINGS TO DO: Free Visitor Guides are available at Good Medicine

Oxford Community Park

Address: 6801 Fairfield Rd, Oxford, OH 45056

Heuston Woods State Park

Explore Oxford

Web: <http://www.gettothebc.com/explore/oxford/entertainment>

