

# DO Day

Distinctive in Healthcare  
Advocacy and Leadership

## FINDING YOUR WAY AROUND CAPITOL HILL



# National Osteopathic Advocacy Center (NOAC)

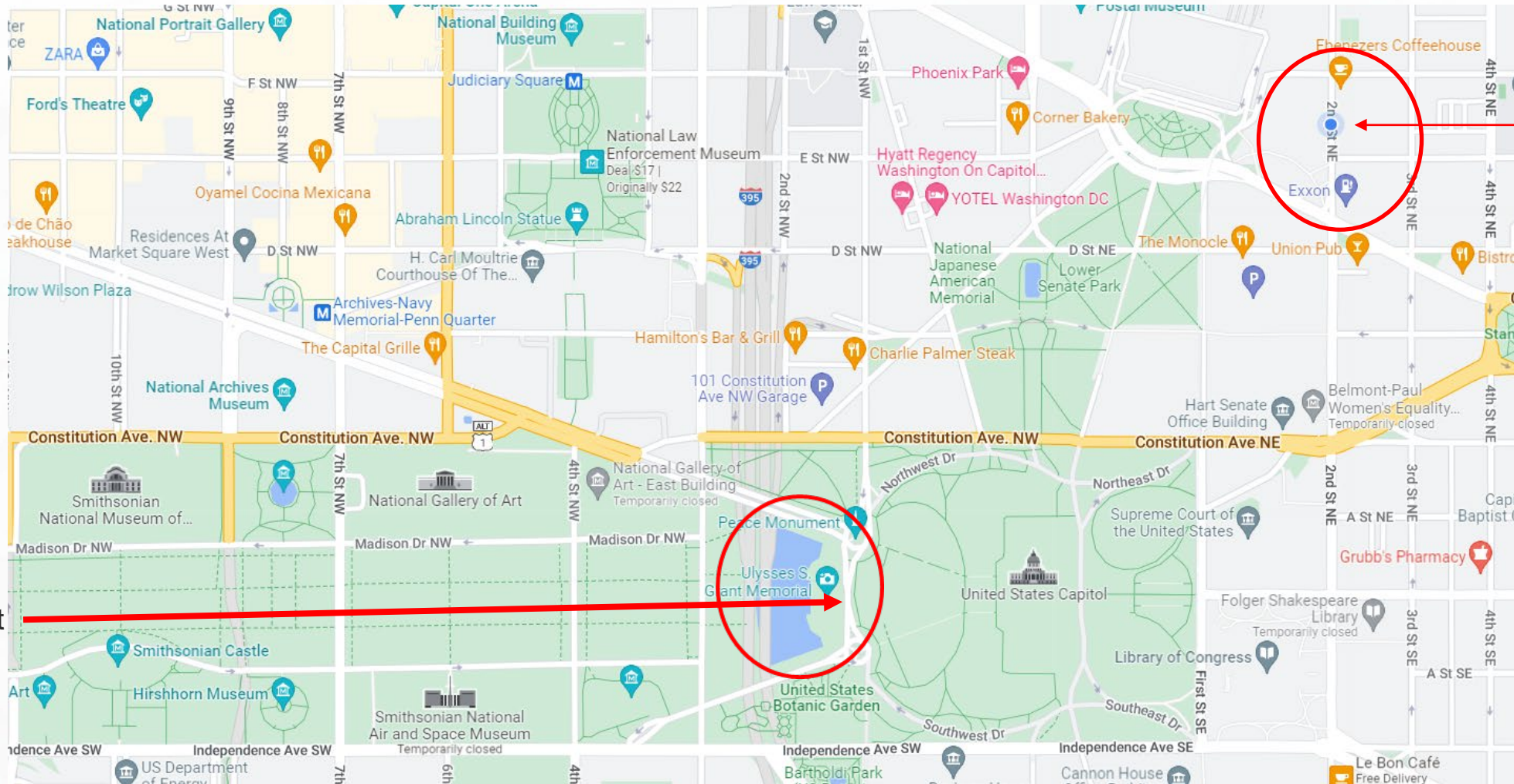
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- The National Osteopathic Advocacy Center (NOAC) is the AOA's Washington, DC Office
- The address is 511 2<sup>nd</sup> Street, NE, Washington, DC
- The NOAC can be used to host virtual meetings or as a hospitality suite
- Light refreshments will be provided





# Capitol Hill Photo and AOA DC Office (NOAC)

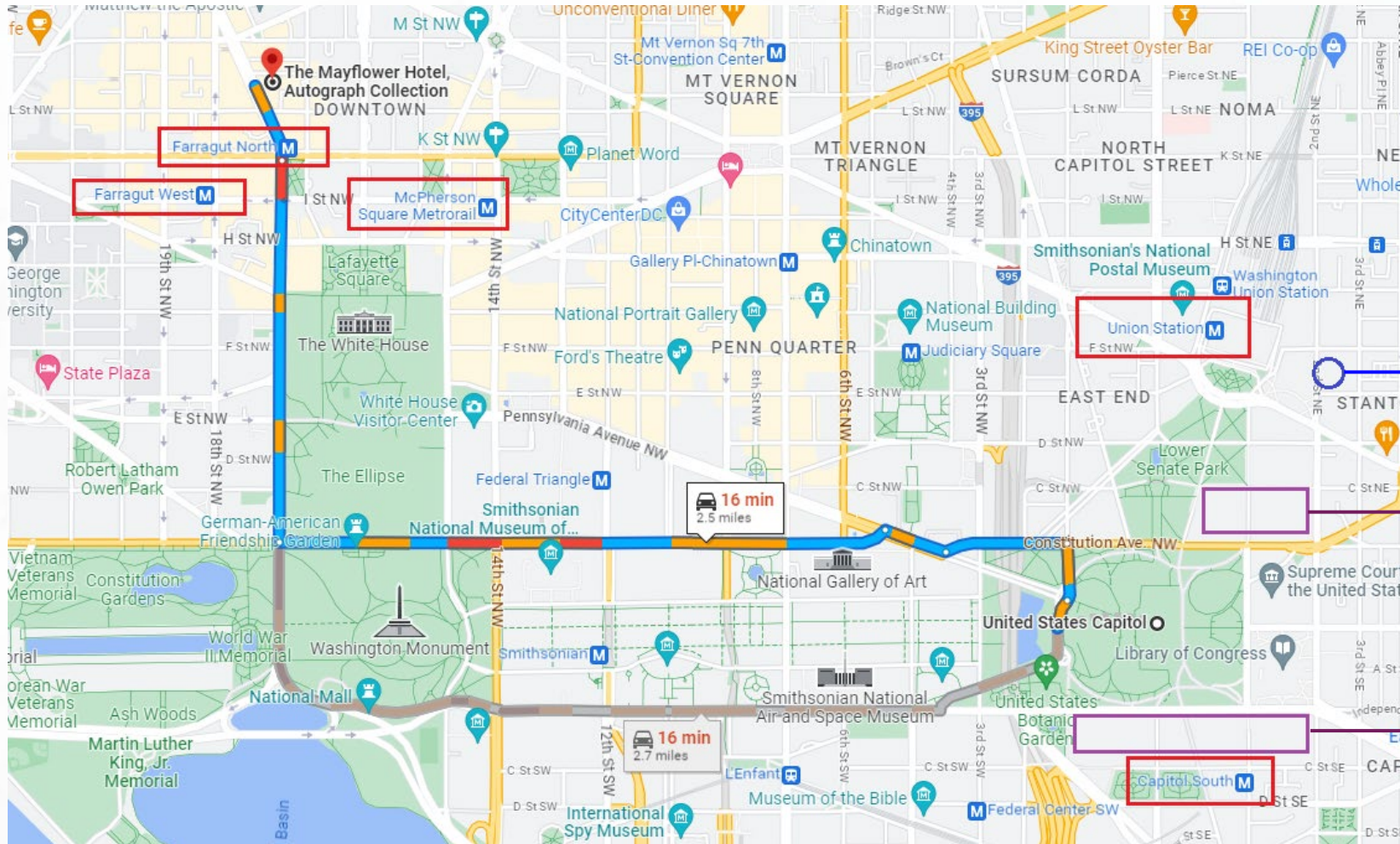


AOA Office: 511  
2nd Street, NE

Group Photo @  
Ulysses S. Grant  
Memorial



# Getting Around



- There are three metro stops within 0.5 miles of the Mayflower Hotel
  - Farragut West & McPherson will take you to Capitol South, closet stop to House Office Buildings
  - Farragut North will take you to Union Station, the closet stop to NOAC and Senate Office Buildings
- NOAC, AOA DC Office
- Senate Office Buildings
- House Office Buildings

# Capitol Hill is a (relatively) small neighborhood

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## By car

- Capitol Hill offers few public parking options; street parking is difficult
- The nearest garage is north of the Capitol, by Union Station
- Many visitors prefer to arrive by taxi or ridesharing service, available throughout the city
- Two of the most popular ridesharing services are Uber and Lyft - both are phone apps



## By public transportation

- For most visitors, the Metro system will be the best mode of transportation
- The Red line (subway) serves the north side of the Capitol, while the Blue, Orange, and Silver lines offer two stations to the south
- The Metrobus serves various points around the Hill; visit [WMATA.com](http://WMATA.com) for detailed maps

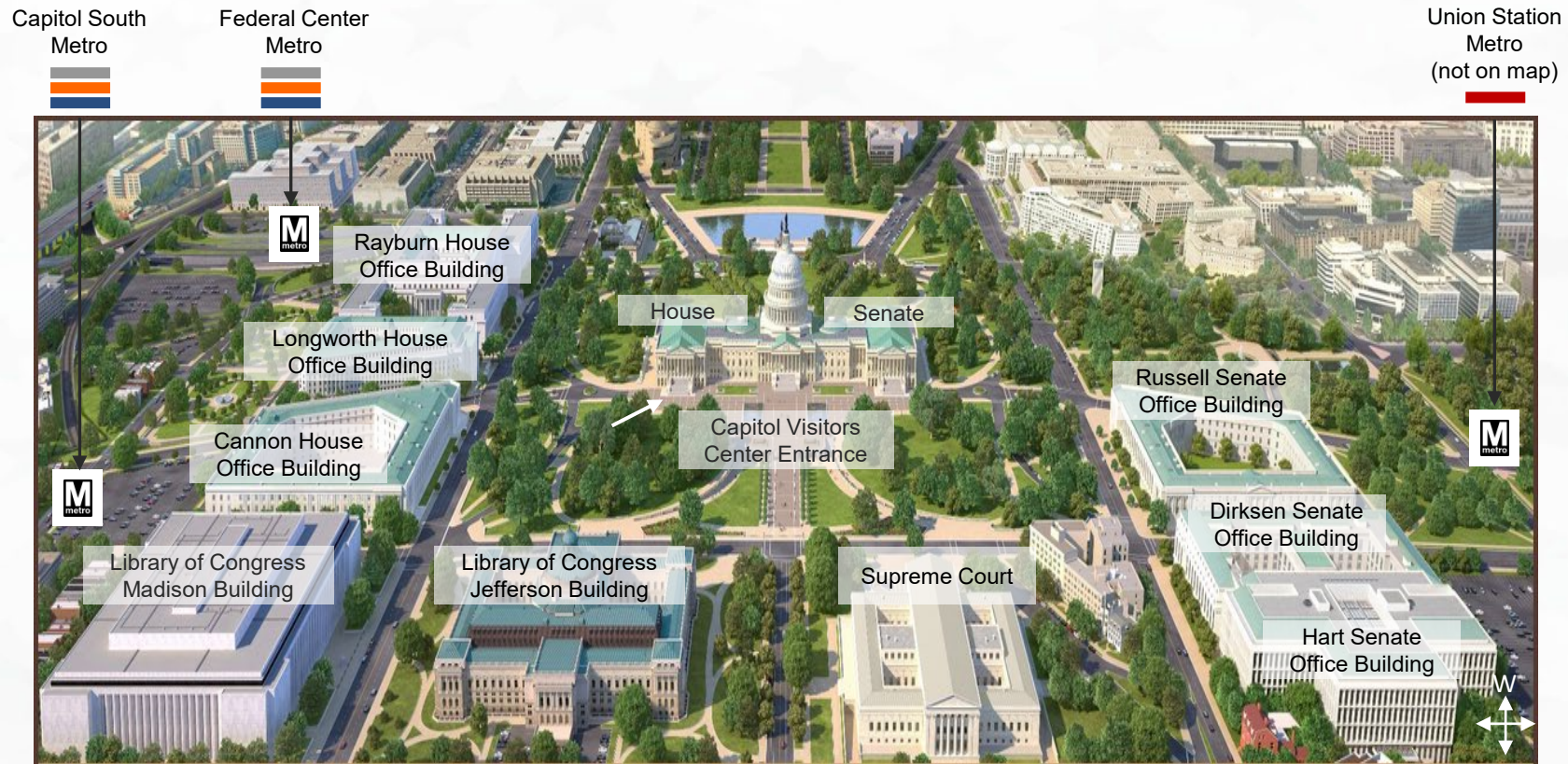


## By foot

- DC is a relatively walkable city
- Hot and humid weather may make long walks inadvisable during the summer
- Bring an extra pair of shoes, bottle of water, and umbrella to walk around comfortably



# House and Senate buildings sit on opposite sides of the Capitol building



# Key Hill addresses are simple and formulaic

House side		Other		Senate side	
<b>Rayburn</b> House Office Building	50 Independence Ave SW, Washington, DC 20515	<b>Library of Congress</b>	101 Independence Ave SE, Washington, DC 20540	<b>Russell</b> Senate Office Building	2 Constitution Ave NE, Washington, DC 20002
<b>Longworth</b> House Office Building	15 Independence Ave SW, Washington, DC 20515	<b>Supreme Court</b>	1 First Street NE, Washington, DC 20543	<b>Dirksen</b> Senate Office Building	100 Constitution Ave NE, Washington, DC 20002
<b>Cannon</b> House Office Building	25 Independence Ave SE, Washington, DC 20003	<b>Capitol Visitors Center</b>	First & East Capitol St SE, Washington, DC 20004	<b>Hart</b> Senate Office Building	150 Constitution Ave NE, Washington, DC 20510
<b>Capitol South</b> Metro Station	307 First Street SE, Washington, DC 20003	<b>Federal Center</b> Metro Station	401 Third Street SW, Washington, DC 20024	<b>Union Station</b> Metro Station	701 First Street NE, Washington, DC 20002