From I-24
- Take Highway 96 (exit 78 from the east or 78B from the west).
- Turn left on Thompson Lane (the first traffic signal).
- Go approximately 3.3 miles and turn left onto Blanton Drive.
- Cross the bridge and the Center is on your right.

From Murfreesboro
- Take Highway 41/70S north from Murfreesboro.
- Turn right on Thompson Lane (Highway 268). Go approximately 1.5 miles and turn left onto Blanton Drive.
- Cross the bridge and the Center is on your right.

From I-40 or I-65
- Take State Route 840 to Murfreesboro.
- Take Murfreesboro Exit 55.
- Go about 1.6 miles and turn left at Thompson Lane.
- Go approximately 1.5 miles and turn left onto Blanton Drive.
- Cross the bridge and the Center is on your right.