

**Directions to Fire/Rescue Occupational Medical Section (FROMS)
255 Rockville Pike – Room 135
Rockville, Maryland 20850**

From the NORTH via I-270

Go South on I-270 to Falls Road (Exit #5). From the exit ramp, veer to the left, toward Rockville Town Center. Cross over I-270 and you will be on Maryland Avenue. Follow Maryland Avenue and make a right onto Courthouse Square. FROMS is located straight ahead in the building on the left of the stairs.

From the SOUTH via I-270

Go North on I-270 to Falls Road (Exit #5). From the exit ramp, veer to the right, toward Rockville Town Center. Go straight through the first traffic light....this road turns into Maryland Avenue. Follow Maryland Avenue and make a right onto Courthouse Square. FROMS is located straight ahead in the building on the left of the stairs.

By Metro Rail (RED LINE)

Take the Metro – Red Line to Rockville Station. Take the pedestrian bridge across Route 355 and proceed along the promenade. Enter the building through the door on your right, just after you pass the Metro Fitness Gym and the Metro Deli. Follow the hallway down toward the left.

****All Parking fees must be paid by the Firefighter/Rescuer Applicant****

**Do not park in the metered spaces as there is a 2-hour limit.
2 hours is not enough time for your medical exam.**

**You may park in the parking garage located at 255 Rockville Pike or in
the parking lot in front of the Regal Movie Theatres.**