The University of West Alabama is located on U.S. Highway 11 in Livingston, Alabama. It is 116 miles southwest of Birmingham, 130 miles west of Montgomery, and 37 miles east of Meridian, Mississippi.

**North/East**
- Traveling north/east on I-59/I-20 from Meridian, take the AL-28 exit 17.
- Turn right onto AL-28.
- Turn right onto U.S. Highway 11.
- Continue until you are at a T in the road, and turn left. Pass the parking lot on the left and take the next left.
- Continue down the hill through the gate.
- Take the stairs entering the building to the right. Go to Room 216, (second door on the right) once entering the building.

**South/West**
- Traveling south/west on I-59/I-20 from Tuscaloosa, take the AL-28 exit 17.
- Turn left onto AL-28.
- Turn right onto U.S. Highway 11.
- Turn right at the first traffic light onto campus.
- Continue until you are at a T in the road, and turn left. Pass the parking lot on the left and take the next left.
- Continue down the hill through the gate.
- Take the stairs entering the building to the right. Go to Room 216, (second door on the right) once entering the building.

**West 80**
- Traveling west on US-80, from Demopolis turn right onto AL-28 toward Livingston.
- Continue straight through U.S. 11, through two traffic signals, and past the Shell station on your left.
- Continue around the curve and take the first right down the hill into the parking lot.
- The Center will be straight ahead.
- Take the stairs entering the building to the right. Go to Room 216, (second door on the right) once entering the building.

**North/East**
- Traveling north on AL-17 from Butler, turn right onto U.S. Highway 11 in York.
- Turn left at the light and “T” in Livingston.
- Continue through the next traffic signal and go past the Shell station on your left.
- Continue around the curve and take the first right down the hill into the parking lot.
- The Center will be straight ahead.
- Take the stairs entering the building to the right. Go to Room 216, (second door on the right) once entering the building.

**South/West**
- Traveling south/west on US-80 and after crossing the bridge turn right onto AL-28 toward Livingston.
- Continue straight across U.S. 11, through two traffic signals, and past the Shell station on your left.
- Continue around the curve and take the first right down the hill into the parking lot.
- The Center will be straight ahead.
- Take the stairs entering the building to the right. Go to Room 216, (second door on the right) once entering the building.

**West 80**
- Traveling north on AL-43 from Thomasville, turn right onto AL-28 in Linden and follow to U.S. Highway 80.
- Turn left onto US-80 and after crossing the bridge turn right onto AL-28 toward Livingston.
- Continue straight across U.S. 11, through two traffic signals, and past the Shell station on your left.
- Continue around the curve and take the first right down the hill into the parking lot.
- The Center will be straight ahead.
- Take the stairs entering the building to the right. Go to Room 216, (second door on the right) once entering the building.
The UWA Athletic Training & Sports Medicine Center is located in Room 216 of Homer Field House in the end zone of Tiger Stadium on The University of West Alabama Campus.