Exit the PRT and cross the footbridge. Follow the path along the covered walkway (on your left) to the building in front of you.

Enter the building through the main doors in front of you. You will be in a gathering hall near the Pylons, with a coffee shop (Cavanaugh’s) and an open staircase in front of you.

Take the open staircase to the next level, and cross into the older section of the building.

In front of you will be two elevators; to the left of the elevators is a long hallway. Take this hallway all the way to the end and go through the double doors (they should be open), crossing the skybridge into the BMRC building.

You are now on the second floor of the BMRC building. Take the elevators (across from the conference room) or the stairs up one floor, to the third floor.

After exiting to the third floor, go through the double glass doors. Dr. Spirou’s office (305) is the first on the left, and Erica Stewart’s and Matthew Scott’s office (306) is right next to Dr. Spirou’s.