

COMING FROM ORLANDO INTERNATIONAL AIRPORT:

Take the NORTH Exit out of the airport to the Beeline Expressway (528) Toll Road.

Take the Beeline Expressway EAST (528) approx. 3 miles towards Kennedy Space Center / Cocoa / Titusville.

Take the second exit, Narcoossee Road/St. Cloud, EXIT #13 (also State Road 15).

Turn RIGHT onto Narcoossee Road/State Road 15 (going South towards Narcoossee / St. Cloud). There is a 7-11 gas station immediately on your right side after the turn.

Go EXACTLY 2 miles south and turn RIGHT at "The Lake Nona Golf and Country Club" sign. (If you reach the Publix shopping center you have gone too far.)

Turn at first RIGHT, *before* Main Gate to Lake Nona. The Human Performance Institute is on the left side, circular drive. 9757 Lake Nona Road.

COMING FROM I-4 EAST:

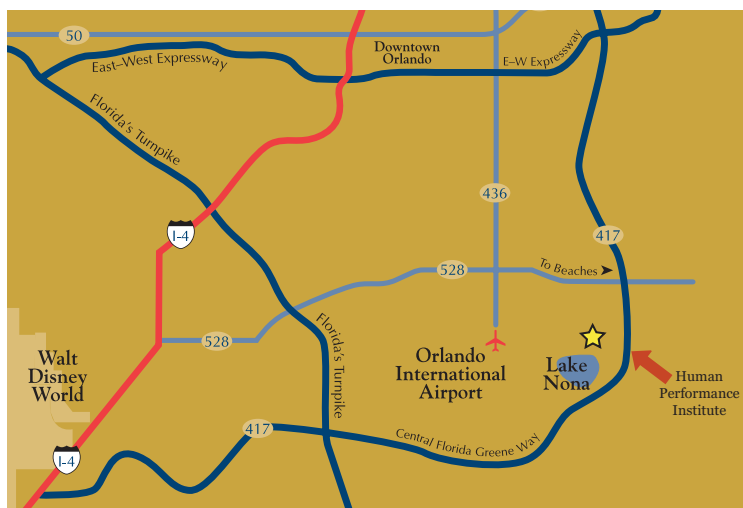
Take I-4 EAST to the Beeline Expressway (528), EXIT 72 is on the right side (next exit past Sea World) going EAST towards Cape Canaveral / International Airport.

Take the Beeline Expressway EAST (528) Toll Road, approx. 13 miles, past Orlando International Airport to Narcoossee Road, EXIT #13, also called State Road 15.

Turn RIGHT onto Narcoossee Road/State Road 15 (going South towards Narcoossee / St. Cloud). There is a 7-11 gas station immediately on your right side after the turn.

Go EXACTLY 2 miles south and turn RIGHT at "The Lake Nona Golf and Country Club" sign. (If you reach the Publix shopping center you have gone too far.)

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COMING FROM I-4 WEST:

Take I-4 WEST to the Beeline Expressway (528), EXIT 72 is on the right side going EAST towards Cape Canaveral / Titusville.

Take the Beeline Expressway EAST (for about 13 miles), past Orlando International Airport to Narcoossee Road, EXIT 13, also called State Road 15.

Turn RIGHT onto Narcoossee Road/State Road 15 (going South towards Narcoossee / St. Cloud). There is a 7-11 gas station immediately on your right side after the turn.

Go EXACTLY 2 miles south and turn RIGHT at "The Lake Nona Golf and Country Club" sign. (If you reach the Publix shopping center you have gone too far.)

Turn at first RIGHT, *before* Main Gate to Lake Nona. The Human Performance Institute is on the left side, circular drive. 9757 Lake Nona Road.

COMING FROM INTERSTATE 95:

Take the exit to the Beeline Expressway (528) Toll Road.

Take the Beeline Expressway WEST going towards Orlando International Airport.

Exit at Narcoossee Road, EXIT #13, also called State Road 15.

Turn LEFT onto Narcoossee Road/State Road 15 (going South towards Narcoossee / St. Cloud). There is a 7-11 gas station on your right side after the turn.

Go EXACTLY 2 miles south and turn RIGHT at "The Lake Nona Golf and Country Club" sign. (If you reach the Publix shopping center you have gone too far.)

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COMING FROM DOWNTOWN ORLANDO:

Take East/West Expressway (SR 408) Toll Road going EAST to SR 417 SOUTH (Central Florida Greenway) Toll Road.

Take the 417 South approximately 6 miles and merge onto the Bee Line Expressway (528) WEST going towards the Orlando International Airport.

Exit at Narcoossee Road, EXIT #13, also called State Road 15.

Turn LEFT onto Narcoossee Road/State Road 15 (going South towards Narcoossee / St. Cloud). There is a 7-11 gas station on your right side after the turn.

Go EXACTLY 2 miles south and turn RIGHT at "The Lake Nona Golf and Country Club" sign. (If you reach the Publix shopping center you have gone too far.)

Turn at first RIGHT, *before* Main Gate to Lake Nona. The Human Performance Institute is on the left side, circular drive. 9757 Lake Nona Road.