

## Directions to your seminar at Allen Carr's Easyway



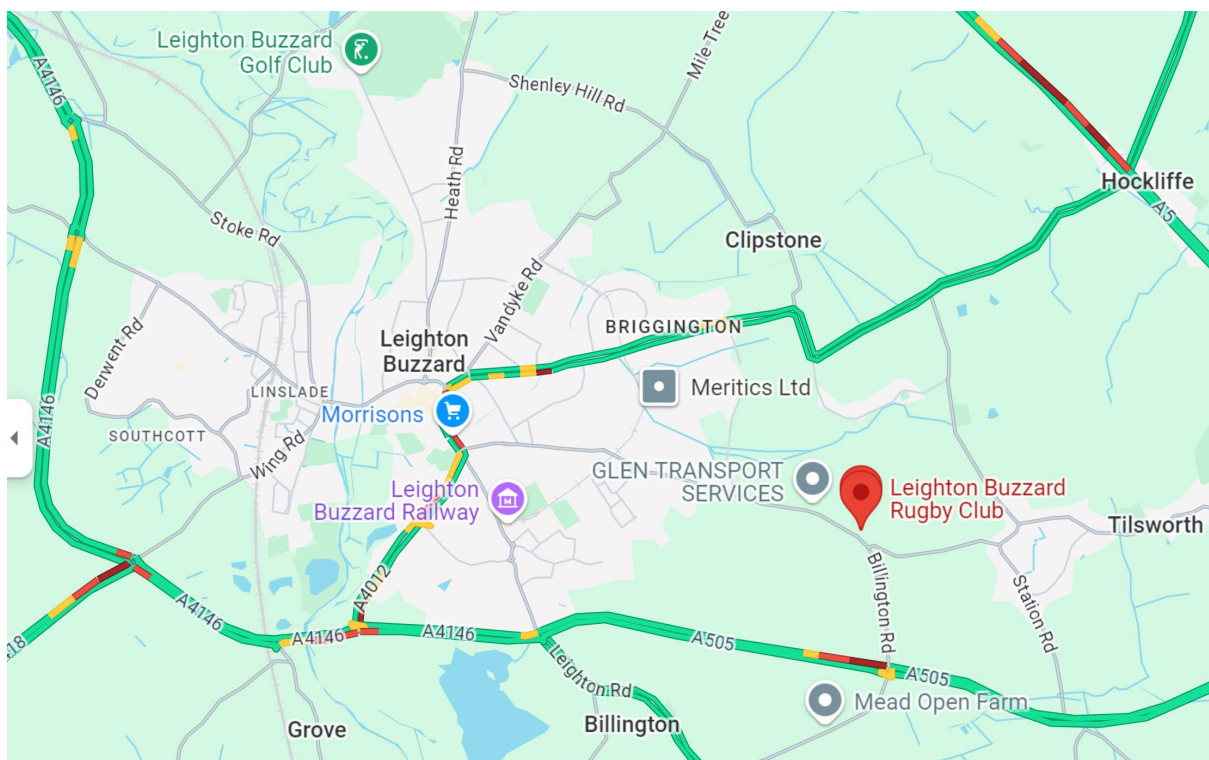
Leighton Buzzard Rugby Club  
Leighton Road, Stanbridge, Leighton Buzzard  
Bedfordshire, LU7 9HR

Telephone: 0208 944 7761 (bookings); 01525 371322 (venue direct)

*If you have any last-minute issues with attendance over a weekend, please leave a message for the Allen Carr therapist at the venue reception.*

### By Car

5-10 mins drive from town centre. Follow Stanbridge Road/Leighton Road towards Stanbridge. Rugby club is on the left. Free all day parking onsite.



### By Public Transport

L3, F70 & F77 Busway, 2 mins walk from Apex Park bus stop