

AposTherapy®

Be yourself again

AposTherapy, Level 5, Battle Bridge House, Bupa Health & Wellness Centre,
300 Grays Inn Road, London WC1X 8DU
Tel: 0800 909 8009*

How to find us

By Rail

The nearest rail stations are Kings Cross, Euston and St Pancras International. Waterloo station is only six stops on the Northern line, Paddington is five stops on the Circle or Hammersmith and City line and Victoria station is only four stops on the Victoria line.

By bus

The following bus routes pass the AposTherapy Centre

- 17** London Bridge to Archway
- 46** Farringdon St. to Warwick Avenue
- 45** Streatham Hill to King's Cross

By Underground

Kings Cross is the closest tube station, served by the Victoria, Northern, Piccadilly, Circle, Hammersmith and City and Metropolitan lines. Follow exit signs for Gray's Inn Road or from Victoria and Piccadilly lines use Pentonville Road exit.

Parking

Car parking facilities can be found at a NCP car park which is located on Judd Street.

www.apostherapy.co.uk

*Calls may be monitored and recorded.

