

BRIGHTON WELLNESS HUB



Supporting our community to age in health and wellness

The Brighton Wellness Hub provides a space for our community to access services, activities and information that support healthy ageing.

All Welcome!

We provide a range of activities and services – most free, some with a small fee.

Activities change regularly but information on how to achieve a healthy life is available daily.

The Hub is open Monday to Friday from 9am – 5.00pm.

What's on offer?

Activities

- Information sessions
- Technology demonstrations
- Physical activity programs
- Cooking demonstrations
- Meeting groups
- Support groups
- Screenings
- Barefoot bowling
- Short courses
- “Come and Try” activities

For more information visit:
<https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>



What's on offer?

Events

- Seminars
- Workshops
- Expos

Brochures / static information

- Brochures
- Information flyers
- Posters

Support

- “How to” info sessions with “one to one” assistance
- Referral information
- Individual advice

For enquiries or more information, please do not hesitate to contact our helpful staff on:

Phone: (07) 3631 7568 or Email:

COH-Engagement@health.qld.gov.au



Cnr Nineteenth Ave and Hornibrook Hwy, Brighton Qld 4017

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