

# BRIGHTON WELLNESS HUB UPDATE

Metro North Hospital and Health Service

[ABOUT THE BRIGHTON WELLNESS HUB](#) · [LOCATIONS](#)

Welcome to this weeks **"What's on @ the Brighton Wellness Hub"**.

We hope you have all had a great week and are well.

As you will see we have now moved to a new template for our newsletter, we are super excited to start using this, please bear with us while we start to learn this new program.

Just a friendly reminder that we send out our weekly updates to ensure that you all have the latest information available to you. Should you be unsure if we are open please check the weekly schedule that we provide you with (in this newsletter) or head over to our web page [Brighton Wellness Hub - Community and Oral Health](#). Please don't rely on hearsay.

Please ensure that if you are attending the hub for our activities that you wear your mask. This will assist in keeping everyone safe and well.

Please see weekly updates:

[Weekly Schedule 01.08.2022](#)



## **Breast Cancer Support Group Update:**

As some of you may be aware here at the hub on the last Friday of each month we have our Breast Cancer Support Group meeting.

This support Group has been designed to help those who have been diagnosed with breast cancer. It is

a place to share experiences, swap ideas, tips and generally support each other.  
Due to a change in our daily schedule this group meeting time changed,  
it will now start at 2.00pm and finish at 3.00pm.  
We apologies for any inconvenience this may cause.



**Hearing Australia is coming to the hub!**  
**Free: Hearing Checks**

**When:** 11 August, 2022

**Time:** 10.00am – 1.00pm

**Where:** Brighton Wellness Hub (crn 19th Avenue and Hornibrook Highway – Brighton  
Call Katie to book your spot 3631 7568

**Weekly Quiz:**

9 Letter Word Game

A	E	B
R	R	S
D	O	W

Try to make as many words as you can!  
Don't forget all words must have the middle letter in them.  
Can you guess the 9 letter word?



### Weekly Recipe: Linguine with Avocado, Tomato & Lime

[Click here to see the recipe](#)

### COVID - 19 updated Information:

It is important that we all stay up to date with the latest COVID-19 health information. Queensland Government have developed a great resource that is available for you to access. Find out everything you need to know about how to protect yourself and your loved ones.

#### [Find out about:](#)

[Second boosters](#)

[Health Advice](#)

[How and where to get tested](#)

[Click here for more information.](#)

If you would like more information about the Brighton Wellness Hub

Please Contact our team:

Brighton Wellness Hub  
crn 19th Avenue and Hornibrook Highway, Brighton

Phone: 3631 7568

Email: [COH-Engagement@health.qld.gov.au](mailto:COH-Engagement@health.qld.gov.au)

Web: [Brighton Wellness Hub - Community and Oral Health](#)