

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 all are well!

Firstly I would like to take this opportunity to thank Karen who has been back-filling my position whilst I have stepped into the Community Connections Officer role. Thank you Karen, we all the best with you future endeavors.

As per last weeks email we would like to remind everyone that line dancing is "paused". Janene needs 12- 15 (min) people to attend each week.

This means that we will be taking bookings for this class now. Please call 3631 7568 to book your spot. We really don't want to lose this wonderful class, we hope that we can meet this request and see all of your wonderful faces back here soon.

Unfortunately Jan our Tia chi is unwell this week and wont be here tomorrow 12.08.2022. Tai Chi will be **cancelled this week** and will return 19.08.2022

A Friendly reminder that anyone who attends the Brighton Wellness Hub and its activities is required to wear a mask, this is to help protect yourself and others.

Please see weekly updates:

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



**International Women's Health Week
- FREE morning catch up
@ the Brighton Wellness Hub**

Drop in to the Brighton Wellness Hub and help us celebrate International Women's Health Week.

**Friday 9th September, 2022
10.00am - 12.00pm**

Brighton Wellness Hub
Cnr 19th Ave and Hornibrook Highway, Brighton

We will be providing light refreshments, along with some take home information from a range of services that can help women manage their own health and wellbeing.

For more information call Karen on Ph: 3631 7568.



Event Alert!

International Women's Health Week Event

FREE - Morning Catch Up

Come drop in to the Brighton Wellness Hub and Help us celebrate. We will be providing light refreshments, along with some take home information from a range of services that can help women manage their own health and wellbeing.

When: 9th September

Where: @ the Brighton Wellness Hub

Time: 10.00am - 12.00pm

Weekly Quiz:

Last weeks answer: Pulsation

" Congratulations Lyn on guessing our 9 letter word"

9 Letter Word Game

P	E	N
M	I	E
U	T	Q

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? Feel free to email me your answer!

Due to popular demand this game will now also be played in the Brighton Wellness Hub.

Please feel free to write you answer on the board!



Weekly Recipe: Creamy Chicken with Garlic and Lemon

[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

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