

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"**.

As you all know we are trying to build up our numbers for Line Dancing to start back up at the hub. In the interim there is a group of ladies who are meeting here Monday morning 8.45am - 9.45am to continue practicing line dancing until we reach required numbers (12 - 15). Please feel free to come and join in with the group of ladies.

We had a great turn out for our Bowls on Thursday morning, it was so nice to see all the activity out on the green!!!! Reminder to all of our members this is a great way to have fun, learn a new skill and meet new people. Feel free to tell your family and friends to join in!

Please see weekly updates:

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



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.



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.

Metro North Health | Queensland Government

Event Alert:
Celebrate International Women's Health Week @ the Brighton Wellness Hub

When: 9th September

Time: 10.30 - 12.00

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.

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



FREE
BRIGHTON WELLNESS HUB
U3A Pine Rivers

"Sophisticated Folk"
Choir Performing - Come and Sing Along

Thursday 15th September 10.30am
@ the Brighton Wellness Hub

For more information call Katie on Ph: 3136 7568

Metro North Health | Queensland Government

Live Performance:
U3A Pine Rivers "Sophisticated Folk" are coming to the hub to perform.

Come and sing a long

When: [15th September](#)

Time: 10.30am

Feel free to invite your family and friends!

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

We had lots of people guess this weeks 9 letter word: **Equipment!!!**

S	E	E
L	W	L
E	P	D

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: Garlicky Fried Rice with Crisp Pork!!!

[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](#)
