

BRIGHTON WELLNESS HUB UPDATE

Metro North Hospital and Health Service

[About the Brighton Wellness Hub - Location](#)

Good afternoon Members,

We hope you have all had a wonderful week!!!

As you would of seen we are very excited to say that line dancing is back this Monday 29 August.

Please see the Brighton Wellness Hub weekly schedules here:

[What's On @ the Brighton Wellness Hub. Weekly schedules](#)



A friendly reminder that the Breast Cancer Support Group is due to meet today 26 August 2pm - 3pm.

We will be meeting in the meeting room due to an event being held in the main hub area.

If you have any questions please feel free to call the office.

Wear purple to support LGBTIQ+ young people.

Today Friday, 26 August is **Wear it Purple Day** - a day aimed at supporting young people and creating supportive, safe, empowering and inclusive spaces for all LGBTIQ= people.

This years theme is "*Still me, Still Human*"

Please show your support by putting on some purple.

[Click here to read all about wear it purple day >>](#)

EVENT ALERTS

"Sophisticate Folk"

U3A Choir Performing @ the Brighton Wellness

Hub

When: 15th September

Time: 10.30am

Where: @ the Brighton Wellness Hub
Crn Nineteenth Ave, Hornibrook Highway



International Women's Health Week Morning Catch up

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

When: 9th September

Time: 10.00am

Where: @ the Brighton Wellness Hub
Crn Nineteenth Ave, Hornibrook Highway



Weekly Quiz: 9 Letter Word Game

Last weeks 9 letter word: **speedwell**

O	R	R
E	P	P
C	E	T

Don't forget all words must have the middle letter in them.

Can you guess the 9 letter word? Email or call through your answer

Weekly Recipe:

Oven-baked Spring rolls!

Nutrition Australia has great healthy recipes that you and your family can enjoy.



[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 to all the up to date 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](#)
