

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub - Bulletin 01.09.2022

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

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

Our activities change regularly however information on how to achieve a healthy life is available daily.

The hub is open 8.30am - 4.00pm.

What's New:

We hope everyone has had a wonderful week.

This week seen the return of Line dancing on Monday and what a great turn out we had!!

Please see the Brighton Wellness Hub weekly schedules here:

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



HOW TO GIVE THE GIFT OF CONVERSATION
A practical guide to when and how to ask R U OK?
R U OK?

How are you?
FREE GUIDE

GIVE THE GIFT OF CONVERSATION
Download your FREE GUIDE at ruok.org.au/yournattermatters

Proudly supported by
Stockland CARE FOUNDATION

R U OK?
A conversation could change a life.

R U OK?

" your Natter Matters"
give the give of conversation

A simple chat can mean everything to a friend or a loved one who might be struggling.

Ageing is not without challenges - health, relocation, loss, isolation or difficulties completing tasks that were once simple - any of these can lead to someone becoming disconnected from their community and support networks.

But older generations have a breadth of life experience they can draw on to support those around them and a simple chat can mean everything to that friend, family member or neighbour who might be struggling.

The ' Your natter matters' campaign is proudly support by Stockland CARE Foundation.

Don't forget to check out our resource table for R U OK?
@ the Brighton Wellness Hub

Event Alerts



**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.

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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

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Weekly Quiz:

9 Letter Word Game

Last week's 9 letter word: Preceptor

S	U	E
A	R	R
M	I	O

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



Creamy Chicken Laska (Nutrition Australia)

To see the recipe head over to
Nutrition Australia >>



Shared Decision Making!

The choice made on your journey have an impact not only on the improvement you see to your health but also on how happy you are with your health care experience.

Learn more about :
Talking with your healthcare provider
Asking the right questions
Value-based healthcare.

Find out more >>

Fun Facts - did you know?

Your emotions can change how you taste food

A study came out recently that assessed taste and emotions of 550 people who attended hockey games. The researchers found that during winning games, people's positive emotions correlated with enhanced sweet and diminished sour intensities, while during losing games, negative emotions led to heightened sour and decreased sweet tastes. This shows that events in our

lives can affect how we taste and enjoy food. Be aware that the emotions you are feeling are not only influencing what you are eating, but how things taste. If you take your time to eat mindfully, you'll be more in the moment, and, as the studies suggest, you'll be more likely not to overeat and feel more satisfied.



COVID 19 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

[Find out more >>](#)

Feedback/ 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](#)