

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin

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.

Weekly Update here:

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

Find out more >>

What's New:

Wow what a week we have had!!!

Today we celebrate International Women's Health Week with a morning catch up.

Thank you to those of you who attended, we hope you had a great morning and were able to take home some useful information.

Thank you to the services that came along and shared their knowledge and resources:

- Metro North Resource Team
- Community and Oral Health, Aboriginal and Torres Strait Island Health Team
- Metro North BreastScreen QLD Brisbane North Services
- Home Instead
- Continence Foundation
- Womenspace - Sandgate
- Metro North Oral Health Service



Expression Of Interest - Invitation to meet the Metro North Hospital Board over Breaky on the 27th September 2022.

Please completed your online Expression of Interest here:

[Submit here>>](#)

COVID 19 Information

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

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