

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 30.09.2022

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.

Check out our weekly schedules of Activities here - [Brighton Wellness Hub - Community and Oral Health](#)

## **What's New:**

We hope you all have had a wonderful week!

As you will have seen we have sent out quite a bit this week. Here is a recap:

**Expression of Interest for Armchair Yoga** – Please make sure you register if you would like to see that class here @ the hub. Please choose the time that is suitable for you.

Please feel free to call if you are having trouble registering. 3631 7869

**Register your Interest – Group Exercise Class** – “Back yourself Fitness”

We are wanting to trail an Exercise Class here in November.

Lots of people have requested this over the year and now we have the wonderful Matt who would like to see who would be interested in attending.

The Class would potentially run on Wednesday morning 9.00am – 10.00am.

If you would like to register your interest, can you please fill out the online form that was sent out on Thursday or call the office and we can fill it out for you.

[Register your interest here](#) by October 5.

**Community Connection - Volunteer phone service** - are you unable to visit the Brighton Wellness Hub but would like to be connected in some way? We now are offering a weekly check in call services which will be ran by our lovely Volunteers. If you would like to received a call please complete the online form here: [Community Connect - call back request form](#) or call our office to register.

## Ageism Awareness Day 2022 (7th October)

Ageism Awareness day highlights the need for us to end Ageism in Australia.

It is time for us to support the movement in shifting attitudes towards older age and older people.

Check out this video to learn about Ageism - what it is!  
[youtube - What is Ageism - Click Here](#)

EveryAGE Counts campaign has a wide range of information available to help us end ageism!

Find out more >>

## Event Alert @ the Hub

Queensland Mental Health Week 8 - 16 October 2022

Mindful Meditation Class @ the Hub.

12 October 10am

*Kindly offered by Mandala Meditation*

If you would like to see what else is on for Queensland Health Mental Health Week check out these links:

[Queensland Mental Health Week - Search For Events Near You \(qldmentalhealthweek.org.au\)](#)



Queensland  
Mental Health  
Week

# Mindful Meditation Class

Wednesday 12th October 10 am  
Brighton Wellness Hub

Come together to experience Mindful Meditation in the theme for this year's Mental Health Awareness Week - Awareness Belonging Connection

In this class, we will look at what Mindfulness is, its benefits & how you can use it in your daily life.

Experience Meditation and learn some Mindfulness techniques you can use anywhere, anytime.

## All welcome to this F R E E event

Kindly offered by Mandala Meditation



Weekly Quiz:

9 Letter Word Quiz!

Last Weeks word: Overdrawn

I	S	T
Y	H	L
S	U	N

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