

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.

For more information and to see our weekly schedules head to:

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

What's New:

Happy Monday!!!!

As some of you know I have been out of the office this last week so things have been a bit slower to come out.

We are excited to share with you all that Matt from "Back yourself fitness" is going to start the group exercise classes here at the Hub in November 9.30am - 10.30am. If you would like to attend and haven't registered your interest yet please complete the online form all call the office.

Online form here [Back yourself Fitness - online form.](#)

Updates:

Armchair Yoga

- Tuesday Class - Starting 1st November 8.00am - 9.00am \$5p/p
- Thursday Class - Starting 3rd November 8.00am - 9.00am \$5p/p

Yoga - 8 week Course

- Tuesday Class - Starting 18th October 5.30pm - 6.30pm \$10p/p

- Friday Class - Starting 21st October 4.00p m - 5.00pm \$10p/p

National Nutrition Week!

16th October - 23rd October

Nutrition Australia Try for 5 is an annual awareness campaign that helps celebrates vegetables and the important role they can play in your health and overall wellbeing.

2022 theme is to inspire all Australian to "Get the most out of your veg".

They have put together a great toolkit that you can download to help you be inspired:

Click here: [Try for 5 tool kit](#)

Event Alert

FREE COMMUNITY WORKSHOP



Friday 28 Oct 2022

10-11:30am

Brighton Wellness Hub

Bookings Essential - Phone The Hub: 3631 7568 or

Email: COH-Engagement@health.qld.gov.au

9 Letter word Game:

S	D	E
S	G	I
S	U	I

Can you guess the 9 letter word?

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

[Find out more >>](#)

Take a look at our wonderful hub member
Estelle enjoys a game of lawn bowls @ the Hub on Thursday mornings.

Feel free to come join in the Fun!

Thursday's 9.00am



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](#)