

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 04.11.2022

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.

For more information and to see our weekly schedules with "What's on @ the Hub" head to:

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

What's New:

Welcome to this weeks bulletin.

As you all know Christmas is just around the corner, we would like to let you know that the hub will be closed from

Tuesday the 13th December through to Friday the 20th January 2022.

We will be having a Christmas Celebration on Monday the 12th December - please save this date!

We will be sending out more information closer to the date.

Tai Chi will have their last class on Friday the 9th Of December.

Jan will be back in 2023 with a slight increase in cost \$10pp.

Bossy Boots Line Dancing Fun will hold their last class for 2022 on the 12th December and return to the hub on the 6th February.

We are more than happy to have you come along once we open back up in January to practice as a group until Janene returns.

Updates:

Event Alert

Make a difference today and every day!

FREE

White Ribbon Community Event

@ Brighton Health Hub
November 23, 10.00 -12.00 pm

Join Metro North Health's Domestic and Family Violence Workforce Specialist Social Worker – Vanessa Collins, and support the elimination of violence against women.

VALUES
IN ACTION

Includes a free barbeque, and a great education and networking opportunity.

 In support of
White Ribbon

Metro North is proudly participating in the White Ribbon Australia Workplace Accreditation Program.

**Metro North
Health**



**Queensland
Government**

9 Letter word Game:

S	T	E
W	U	O
H	T	I

Can you guess the 9 letter word?

Halloween Fun @ The hub!

Leanne our lovely Community Connections Officer decided to have a little bit of fun this week with our Community Catch up Group. The lucky winner of the competition got to have a photo with Leanne ha ha!

Well done Gwen on winning the naming competition!





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 >>](#)

If you would like more information about the Brighton Wellness Hub

Please Contact our team:

Brighton Wellness Hub
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Phone: 3631 7568

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

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