# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

## Metro North Health

### Brighton Wellness Hub Bulletin 10.11.2022

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.

We hope you all have had a wonderful week.

**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.

Lawn bowls on a Thursday will now start at 8.30am - it is warming up and we want to make sure you can have time out on the green. Please remember to enter via the Kitchen door as Armchair Yoga is on!

## **Updates:**

Brighton Wellness Hub activities finish for the year on the <u>13.12.2022</u> through to <u>20.01.2023</u>.

The hub will be open for you, should you need to access any community services information that we have available inside.

### **Event Alert**



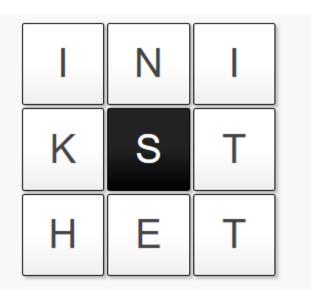




Metro North Health



#### 9 Letter word Game:



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 >>

If you would like more information about the Brighton Wellness Hub

### Please Contact our team:

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