

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 18.11.2022

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.

**Arm Chair Yoga** - Cancelled Thursday 24.11.2022. Returning Tuesday 29th November :)

**Christmas party song list** - We will be putting together a song list to play at our Christmas party - if you would like a song added to it please let us know the song name and who sings it

## Hub Christmas Closure:

Brighton Wellness Hub activities finish for the year on the [13.12.2022](#) through to [20.01.2023](#).

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

## Event Alert

# Make a difference today and every day!

**FREE**

**White Ribbon Community Event**  
@ Brighton Wellness Hub  
Cnr Nineteenth Ave & Hornibrook Hwy, Brighton  
November 23, 10am–12pm

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

This FREE White Ribbon event will provide education and opportunities to interact with community-based partners and health care providers to support understanding of domestic and family violence.

Find out where and how to assist help if you are experiencing domestic and family violence.

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



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

**Metro North**  
Health



**Queensland**  
Government

## Event Alert



PLEASE JOIN US FOR A

Christmas  
party

The text 'Christmas party' is written in a large, elegant, red cursive script. The word 'Christmas' is on the top line, and 'party' is on the bottom line. Two green, stylized pine branches with red dots (representing ornaments) are positioned on either side of the word 'party', framing it.

HOSTED BY

*Brighton Wellness Hub*

DECEMBER

MONDAY **12** 10.00am - 12.00pm

"Please bring along a plate to share with your members"

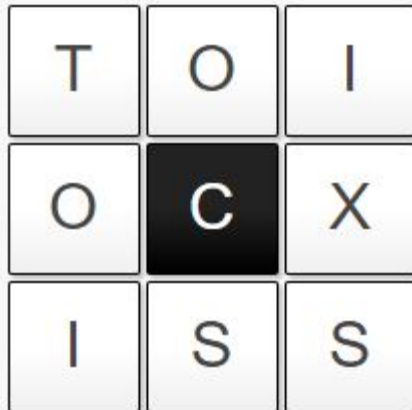
Brighton Wellness Hub  
crn 19th Ave Brighton

For more information email

[COH-Engagement@health.qld.gov.au](mailto:COH-Engagement@health.qld.gov.au)

call: 3631 7568

**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:

Brighton Wellness Hub  
crn 19th Avenue and Hornibrook Highway, Brighton

Phone: 3631 7568

Email: [COH-Engagement@health.qld.gov.au](mailto:COH-Engagement@health.qld.gov.au)

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