

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 28.11.2022

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 "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 - Tuesday and Thursday 8.00am - 9.00am

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

PLEASE JOIN US FOR A

Christmas
party



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
call: 3631 7568

Event Alert

Mindfulness with Rachel



Mandala Meditation





Two dates:

Tuesday 6th December: 5.30pm – 6.30pm

Friday 9th December: 4.00pm – 5.00pm

\$10 p/p per session

Brighton Wellness Hub, 19th Ave, Brighton

Phone: 3631 7869

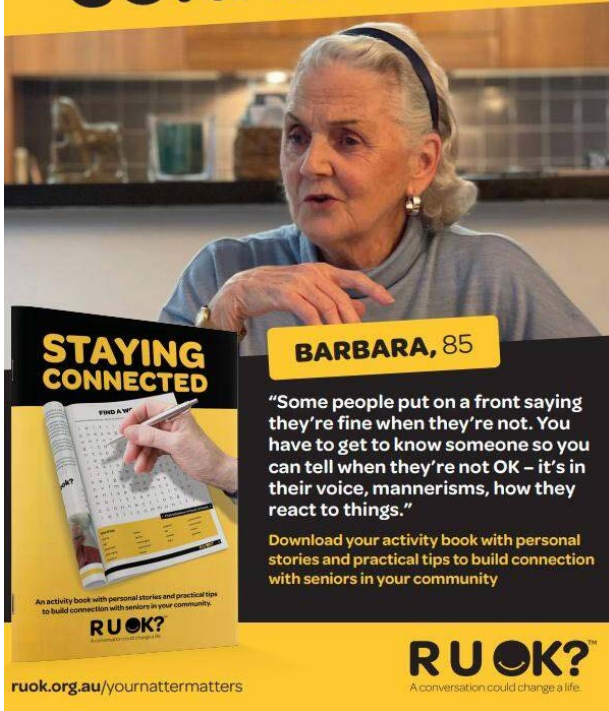
9 Letter word Game:



Can you guess the 9 letter word?

Answer >>

STAYING CONNECTED



BARBARA, 85

"Some people put on a front saying they're fine when they're not. You have to get to know someone so you can tell when they're not OK – it's in their voice, mannerisms, how they react to things."

Download your activity book with personal stories and practical tips to build connection with seniors in your community

RU OK?
A conversation could change a life.

ruok.org.au/youmattermatters

R U OK? - Your Natter Matters - Staying Connected

In the lead up to the holiday season, R U OK? has released Staying Connected, an activity booklet that includes games, puzzles and quizzes alongside personal stories and conversation tips to help Senior Australians feel more connected and supported.

We have printed some of these booklets off should you wish to take one next time you are at the Brighton Wellness Hub please do so.

[Find out more >>](#)

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

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