

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 22.12.2023

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.

What's New:

As you are all aware our activities have now ceased until the 23/01/2023. The hub is still open should you need any information from the 09/01/2023.

Dates:

- Hub closure: 13/12/2022 - 09/01/2023
- Most Activities recommence 23/01/2023

For What's on @ the Brighton Wellness Hub head to our Web page:

[What's on @ the Brighton Wellness Hub - Click here](#)

Updates for 2023:

Breast Cancer Support Group has ceased here at the hub.

The Northside Breast Cancer Support Group "Redcliffe Pink Dolphins" are more than happy for new people to attend their group. Please contact Donna 0439 712 772

Nutrition Australia - Active Parks Gluten Free Goodies Workshop

Tuesday 17th January 2023 here @ the Hub 10.00am - 11.30am

booking are essential please head over to [Active Parks Cooking Workshop - Gluten Free Goodies Tickets, Tue 17/01/2023 at 10:00 am | Eventbrite](#)

Chair Yoga:

Tuesday and Thursday morning 8.00am - 9.00am \$5pp starting back 10.01.2023

You + Yoga

Yoga @ the Hub - Absolute Beginner Class Tuesday 5.30pm – 6.30pm
(8 week course) Starts 21.02.2023 - 11.04.2023
Cost \$10pp. Book in 3631 7869

Yoga @ the Hub - Absolute Beginner Class Friday 4.00pm - 5.00pm
(8 week course) Starts 24.02.2023 - 14.04.2023
Cost \$10pp. Book in 3631 7869

Yoga @ the Hub - Flow Class (beginners/ intermediates)
Tuesday 4.00pm – 5.00pm, Starts 7.02.2023
Cost \$10pp. Book in 3631 7869

Mandala Meditation

Bookings required \$10pp call Rachael 0415 820 150
Tuesday 5.30pm - 6.30pm dates:

- 11.04.2023
- 15.08.2023
- 24.10.2023
- 19.12.2023

Friday 4.00pm - 5.00pm dates:

- 14.04.2023
- 23.06.2023
- 18.08.2023
- 27.10.2023
- 22.12.2023

Bossy Boots Line Dancing Fun

Janene will be returning to the hub for her Monday morning class on the 6th February.
Cost per class is \$10pp. Time 8.45am - 9.45am.

Tai Chi

Jan will be returning to the hub for Tai Chi 27th January 2023.
Cost \$10pp. Time 8.30am - 9.30am

Special Thank you:

We would like to take a moment to thank our wonderful Volunteers. As you will all know our hub would not be able to run like it dose without them.

Dawn, Mick, Terry, Frank, Nancy, Dave, Norma, Lis, Diane, Marie and Joan we hope you realise how valued and appreciated you are here at the hub.

Take a look at their end of year celebration.



Christmas Party @ The Hub:

Thank you so much to everyone who came and celebrated Christmas with us here at the hub. It was a lovely morning, we really enjoyed spending some time with you all.

How wonderful was it that Santa surprised us!!! Shame Frank our Volunteer wasn't around to see him!





Brighton Walkers - End of Year Celebration!

Did you know that we have a walking group? The Brighton Walkers meet every Wednesday morning at the Brighton Health Campus Cafe leaving at 7am they set off on their weekly Heart Foundation Walk.

If you are interested in joining in please head to [Brighton Walkers | Heart Foundation Walking](#). Complete a registration form and start your walking!!!

This is a pram and dog friendly walking group.





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](#)