

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 20.01.2023

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:

Good afternoon to you all,

We are so looking forward to seeing you all on Monday 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:

Line Dancing Practice Group As you know Janene is away still however some of the ladies in the group are returning to the Hub on Monday **23.01.2023** to begin their practice group. Please feel free to come along and join in.

Reminder:

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

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

2023 Hub Membership

As you all know each year we have you all resign to become a member here at the hub. Please click on the following link to submit your form.

If you need any help with this please come see one of us at the hub and we can assist.

please note: There is no cost to becoming a member of the hub. This information just helps us to keep you informed.

[Click her to fill in your details >>](#)

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](#)