

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 30.01.2023

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,

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

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

Coming up!

Line Dancin - Bossy Boots - Janene will be returning next week 06.02.2023. I would like to take this opportunity to thank all of the dancers for coming along to the practice sessions. Especially Norma and Lis. You are all such a wonderful group and it has been great seeing you all here each Monday.

Chair Yoga:

A friendly reminder that **Tomorrow (31.01.2023) Chair Yoga is cancelled**, normal classes resume on Thursday 2.02.2023.

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

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

Event Alert

World Hearing Day

@ the Brighton Wellness Hub

03.03.2023 | 10am - 2.00pm

Come along and see Hearing Australia for your annual hearing check.

Bookings are required, please ring the office to book you spot 3631 7568!

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 >>](#)

9 Letter word Game!

Can you guess this weeks 9 letter word?

A	I	R
L	A	T
U	S	A

Healthy lifestyle.

This week we would like to share with you some tips for healthy eating on a budget:

1. Make and stick to a shopping list
2. Buy Fruits and Vegetable in season
3. Choose Home Brand Products
4. Buy Canned or Frozen fruit and Vegetables.
5. Cook at home.

[Nutrition Australia Fact Sheet here >>](#)

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](#)