

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 10.02.2023

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!

### Chair Yoga:

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.

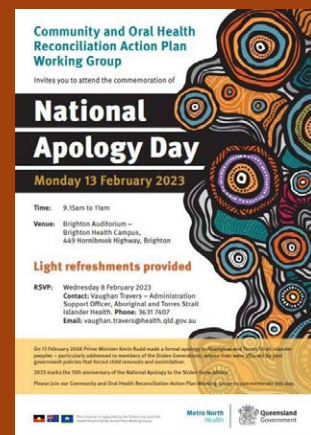
Bookings are required, please ring the office to book you spot 3631 7568!

## Event Alert

National Apology Day  
Commemoration.  
Monday 13th February 2023.

Please RSVP to

[Vaughan.Travers@health.qld.gov.au](mailto:Vaughan.Travers@health.qld.gov.au)



## 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 >>](#)

## Are you interested in becoming a Volunteer?



Community & Oral Health (COH) offers a broad range of quality community-based health-care and support services to help people improve and maintain their well-being and independence. COH operates community health facilities across the Brisbane North region, from inner-city Red Hill to bayside Brighton. The volunteer program manages Volunteers across the service. Our Volunteers work alongside health-care staff to provide support, companionship and care for our clients, patients and residents and their loved ones.

### Volunteer with us:

Volunteers play an important role in helping us care for our patients and residents.

[Click here to complete a Expression of Interest >>](#)

## Your voice matters in health!

We are seeking current or past patients of Queensland Health who are interested in helping design and deliver better community services. You may also be a family or a carer of a patient/client who has or is using health services.

Become a Consumer Representative today and share your voice and help us improve current and future service development.

### Potential involvement opportunities:

- reviewing and providing feedback on draft brochures/flyers;
- being invited to community events;
- participating in workshops/focus groups; and
- many more opportunities to be involved in different engagement activities.

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

## 9 Letter word Game!

Can you guess this weeks 9 letter word?



## Ovarian Cancer Awareness Month - February

Ovarian Cancer Awareness Month is held in February each year in Australia.

Ovarian cancer is a disease where some of the cells in one or both ovaries start to grow abnormally and develop into cancer. Learn the signs and symptoms, stages of ovarian cancer, risk reduction and prevention.

[Learn more 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](mailto:COH-Engagement@health.qld.gov.au)  
Web: [Brighton Wellness Hub - Community and Oral Health](#)