

Brighton Wellness Hub

Brighton Wellness Hub (Corner Nineteenth Avenue, Brighton)

Supporting our community to age in health and wellness

What's on at the Hub? 5th June 2023



Day	Time	In the Hub
Monday 5	8.45am – 9.45am 10.00am – 12.00pm 10.30am – 11.30am	Bossy Boots – Line Dancin fun - \$10pp Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) Justice of the Peace - Drop in service- No appointment required.
Tuesday 6	8.00am – 9.00am 10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm	Armchair Yoga – all welcome \$5p/p Needle and Hooks – Knitting and Crochet group - FREE Mah-Jong - come along to this beginner's class. (free) You + Yoga – Flow Class (beginners/intermediates) \$10pp please call Claire to book 3631 7869
Wednesday 7	3.30pm – 5.30pm	Brighton Wellness Hub – Walking Football group - All Welcome - FREE
Thursday 8	8.00am – 9.00am 9.00-11.00am 10.00-11.30am	Armchair Yoga – all welcome \$5p/p Lawn Bowls - come along a learn how to bowl – fun and friendly environment. Community Catch up - come along and have a cuppa & catch up with our community.
Friday 9	8.30am – 9.30am	Tai Chi - \$10pp

Please contact us to book your place for activities:

Phone: (07) 3631 7568 Email: COH-Engagement@health.qld.gov.au

Website: <https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>