

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin 30.06.2023

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:

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

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

Please remember to check the weekly schedules on the webpage as they have the full details of what's on @ the Brighton Wellness Hub.

## Important date reminders for July:

13.07.2023 **Cancelled** - community catch up or lawn bowls as there is a cooking workshop.

24.07.2023 **Cancelled** - line dancing and community catch up due to staff training day.

25.07.2023 **Cancelled** - ArmChair Yoga

27.07.2023 **Cancelled** - Community catch up and lawn bowls due to private booking.

If you are unsure in any way, please come and speak to one of our friendly staff here at the hub.

## Coming up!

### Meditation

Bookings required \$10pp call Rachel 0415 820 150 or book online <https://livingmindfully.au/classes>

Held on the First Friday 4.00pm - 4.45pm

- - July 7<sup>th</sup>
  - August 4<sup>th</sup>
  - September 1<sup>st</sup>
  - October 6<sup>th</sup>
  - November 3<sup>rd</sup>
  - December 1<sup>st</sup>

## Line Dancing

**Come join in the Line Dancing Fun with Janene!**

**When: Monday**  
**Time: 8.45am - 9.45am**  
**Cost: \$10pp**



## Armchair Yoga

**Did you know that we have Armchair Yoga @ the Brighton Wellness Hub?**

**When: Tuesday and Thursday Morning**  
**Time 8.00am - 9.00am**  
**Cost \$5pp**



**Feel free to come and try it out!**

## Tai Chi

**Tai Chi with Jan!**

**When: Friday**  
**Time: 8.30am - 9.30am**  
**Cost: \$10pp**


**Regular practice can increase flexibility and strength and improve cardiovascular fitness.**

**The emphasis on correct posture means that tai chi can instil a greater**

awareness of the body and how it moves through space. Tai Chi is also a form of meditation.

**BRIGHTON WELLNESS HUB**

**Tai Chi Qigong**  
– for the mind & body





When: Friday mornings (commencing 28 January)  
Time: 8.30am – 9.30am  
Where: Brighton Wellness Hub  
(Woolerath Ave, Brighton 4017)  
Cost: \$10 per person

There are no special clothing or footwear requirements other than comfortable ones for gentle standing exercise.

For more information please call Katie 3631 7568 or visit <https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub>

All welcome to attend.



## Your Guide to Metro North Oral Health Services



Metro North  
Health



Queensland  
Government

## Metro North Oral Health Services

### 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 here 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](mailto:COH-Engagement@health.qld.gov.au)

Web: [Brighton Wellness Hub - Community and Oral Health](#)