

# COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

## Brighton Wellness Hub Bulletin - Yoga Cancelled 12.10.2023

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.

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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. Or please call Katie 3631 7568 if you have any questions.

### Important date reminders for October

- **Cancelled** Wednesday 18th October Walking Football.
- **cancelled** Thursday 26th October Lawn Bowls and Community Catch.
- **cancelled** Tuesday 24th October Chair Yoga.

### 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

- November 3<sup>rd</sup>
- December 1st

## Chair Yoga - Cancelled Thursday 12 October 2023.

Due to unforeseen circumstances Chair Yoga is cancelled. We apologies for any inconvenience this may cause.

It will be back on Tuesday 17 October 2023.



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](#)