# COMMUNITY AND ORAL HEALTH **BRIGHTON WELLNESS HUB**

# Metro North Health

# Brighton Wellness Hub Bulletin - 20th October 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.

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.

We would like to take this opportunity to introduce our newest Volunteer here at the Hub, Shashi. Welcome Shashi!

Shashi joined our Brighton Wellness Hub Volunteer Program on the 9th October, 2023.

I am sure everyone who has met Shashi can see what a great addition he is to the hub already. Thankyou Shashi for joining our team.



#### Important date reminders for October

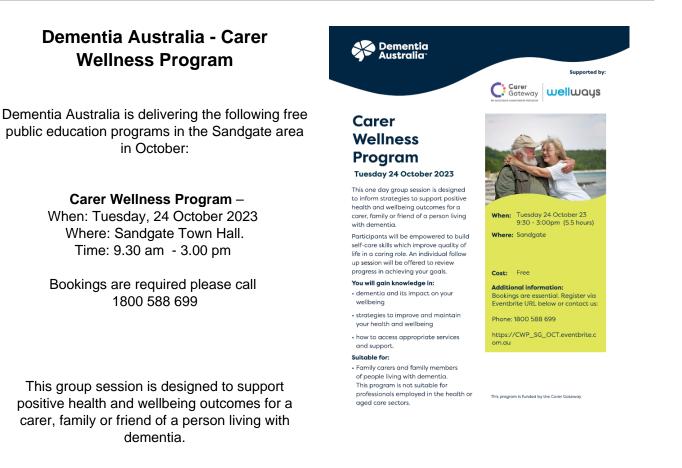
- cancelled Thursday 26th October Lawn Bowls and Community Catch.
- cancelled Tuesday 24th October Chair Yoga.

### Coming up!

#### **Meditation**

Bookings required \$10pp call Rachel 0415 820 150 or book online<u>https://livingmindfully.au/classes</u> Held on the First Friday 4.00pm - 4.45pm

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

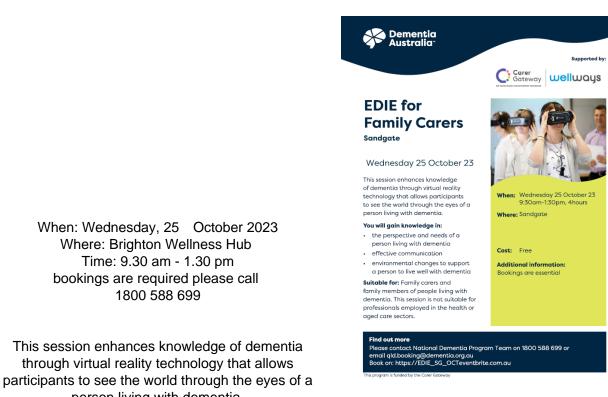


Find out more >>

## Dementia Australia - Upcoming Community Programs.

Dementia Australia is delivering the following free public education programs in the Sandgate area in October:

EDIE for Family Carers –



Find out more >>



When: Wednesday, 25 October 2023

Where: Brighton Wellness Hub

Time: 9.30 am - 1.30 pm

bookings are required please call

1800 588 699

This session enhances knowledge of dementia

through virtual reality technology that allows

person living with dementia.

# **Your Guide to Metro North Oral Health Services**



**Metro North** Health



# **Metro North Oral Health Services**

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: <u>Brighton Wellness Hub - Community and Oral Health</u>