

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin -
Tai Chi - Come and try day FREE 7 June 2024.

Discover Wellness at Brighton Wellness Hub!

Welcome to the Brighton Wellness Hub, your haven for cultivating a healthy lifestyle within our community.

Join us to access a diverse array of services, activities, and valuable information designed to support your journey towards wellness. From rejuvenating yoga classes to insightful nutrition workshops, we offer a range of activities to suit your interests and preferences. Most of our offerings are complimentary, while some come with a nominal fee to ensure accessibility for all.

At Brighton Wellness Hub, we're committed to providing you with the tools and resources needed to achieve a healthy life. Even if our activities change regularly, rest assured that information on maintaining wellness is available daily.

We invite you to visit the hub, open from 8:30 AM to 4:00 PM, and embark on a path to holistic well-being with us.

See you soon at Brighton Wellness Hub!

NEW:

This Friday 7 June, 2024, Jan will be offering a

"come and try" morning for her Tai Chi Class.

This is a great opportunity to come and try, Tai Chi for FREE.

Please see flyer below for class start time.

please note, flyer has the usual cost for the class

If you have any questions, please feel free to call the office.

Kind regards,

Kate chan 3631 7568.

BRIGHTON WELLNESS HUB

Tai Chi Qigong – for the mind & body

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

When: Friday mornings
(Commencing 2nd February)
Where: Brighton wellness Hub
Time: 8.15am – 9.15am
Cost: \$10.00pp

All welcome to attend.

Metro North
Health



Queensland
Government

Spark Change: Volunteer with Community and Oral Health Today!"



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.

[Find out more >>](#)

Join Us in Transforming Healthcare: Your Experience Can Make a Difference!

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

Click This link: [Partner with us - Consumer Expression of Interest Form - Community and Oral Health](#)

"Exciting Involvement Opportunities Await You:

- Review and Provide Feedback on Draft Brochures/Flyers
- Attend Exclusive Community Events
- Participate in Engaging Workshops/Focus Groups
- And Many More Ways to Get Involved in Various Engagement Activities!"

Find out more >>



Your Guide to Metro North Oral Health Services



Metro North Health



Queensland Government

Metro North Oral Health Services



COME JOIN US
Brighton Wellness Hub



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