

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? Week Beginning 16 September 2024



Day	Time	In the Hub
Monday 16	8.45am – 9.45am 10.00am – 12.00pm 2.00pm – 4.00pm 5:30pm – 6:30pm	Bossy Boots – Line Dancing' fun - \$10pp Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE. Rainbow Room – LGBTIQA+ Peer Supporter Drop-in service – FREE. Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 17	8.00am – 9.00am 10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm 6.00pm – 7.15pm	Chair Yoga – all welcome \$5pp Needle and Hooks – Knitting and Crochet group - FREE. Mah-Jong – Come along to this beginner's class – FREE. Asana & Pranayama Practice Yoga (Therapeutic Yoga) \$10pp - call Ewa 0424 293 393 Asana & Pranayama Practice Yoga (Hatha/Vinyasa Yoga) \$10pp - call Ewa 0424 293 393
Wednesday 18	8.00am (30 – 45 min) 8:00am – 9:00am	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE. Fitter for Life – Build skills to improve your physical health \$10pp.
Thursday 19	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am 10.00am – 11.00am	Chair Yoga – all welcome \$5pp Lawn Bowls - come along and learn how to bowl – fun and friendly environment – FREE. Community Catch up - come along and have a cuppa & catch up with our community – FREE. JP Service – Drop in – FREE.
Friday 20	8.15am – 9.15am	Tai Chi – Come along and join in \$10pp. Dementia choir (not running on school holidays)

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>