

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 13 January 2025



Day	Time	In the Hub
Monday 13	8.45am – 9.45am 10.00am – 12.00pm 5:30pm – 6:30pm	*Practice* Bossy Boots – Line Dancing' fun with Norma (*Free this week) Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE. Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE.
Tuesday 14	8.00am – 9.00am 10.00am – 11.30am 1.00pm – 3.00pm 4.30pm – 5.30pm 6.00pm – 7.00pm	Chair Yoga – all welcome \$5pp Needle and Hooks – Knitting and Crochet group - FREE. Mah-Jong – Come along to this beginner's class – FREE. Yoga for Eternity - call Ewa 0424 293 393 - Asana & pranayama yoga for healthy body and mind. BYO floor mat - \$10pp Breathwork – call Ewa 0424 293 393 - Drop in and learn new technics to master your own breath - \$5pp
Wednesday 15	7:30am (30 – 45 min) 3:00pm – 5.00pm	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE. Walking Football - suitable for all levels of ability and fitness – call Sam for more info 3208 2677 - \$25 registration covers 2025
Thursday 16	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am 10.00am – 11.00am	Chair Yoga – all welcome \$5pp Lawn Bowls – Casual lawn bowls ideal for learning and enjoying the lawn - FREE Community Catch up – Come along and join in conversation and games (Cards, board games etc) – FREE. Justice of the Peace Service – Drop in – FREE
Friday 17	Nil	Nil
Saturday 18	8.15am – 9.15am	Breathwork – call Ewa 0424 293 393 - Drop in and learn new technics to master your own breath - \$10pp

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>