

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 27 January 2025



Day	Time	In the Hub
Monday 27	Australia Day	
Tuesday 28	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 and master your own breath - \$5pp
Wednesday 29	7:30am (30 – 45 min) 8:00am – 9:00am 3:00pm – 5.00pm	Brighton Walkers - Heart Foundation walking group “meet at the Brighton Café” – FREE. Fitter for Life – Build skills to improve your physical health \$10pp. Walking Football - suitable for all levels of ability and fitness – call Sam for more info 3208 2677 - \$25 registration covers 2025
Thursday 30	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 31	9.30am – 12.00pm	Bright ‘N’ Sparks Dementia Choir @ the Brighton Wellness Hub – \$10pp (carers exempt)

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>