

COMMUNITY AND ORAL HEALTH BRIGHTON WELLNESS HUB

Metro North Health

Brighton Wellness Hub Bulletin – New Telehealth Service – Launch!!

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 information sessions, 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 weekdays, and embark on a path to holistic well-being with us.

See you soon at Brighton Wellness Hub!



BRIGHTON WELLNESS HUB

New Telehealth Service Available Come and see how it works!

Having difficulty getting to your Metro North Health Hospital outpatient appointments?

The Videocall (Telehealth) Pod offers a private and comfortable space for Metro North Health hospital patients to attend their outpatient appointments via video technology. Enjoy no parking fees, reduced travel time, and improved access for those who are not tech-savvy or face access challenges.

When: Wednesday 30 April, 2025
Time: 10:00am – 11:00am
Where: Brighton Wellness Hub
(crn 19th ave & Hornibrook Highway)

For more information, please call 3631 7568 or email: COH-Engagement@health.qld.gov.au

All welcome to attend – light refreshment provided



**Metro North
Health**



**Queensland
Government**



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](#)