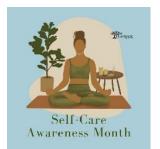# Brighton Wellness Hub

Brighton Wellness Hub (Corner Nineteenth Avenue, Brighton)
Supporting our community to age in health and wellness
What's on at the Hub? Week Beginning 7 July 2025

	Day	Time	In the Hub
School Holidays — **Bring your grandkids along**	Monday 7	8.45am – 9.45am	**Bossy Boots –** Line Dancing' fun - $10pp
		10.00am – 12.00pm	**Community Catch up –** Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE.
		5:30pm – 6:30pm	**Brahma Kumaris Meditation –** Pop in for peace, come for as long or as little as you like – FREE.
	Tuesday 8	8.00am – 9.00am	**Morning Meditation –** all welcome – FREE
		9.15am – 10.30am	**Needle and Hooks –** Knitting and Crochet group - FREE.
		10.30am – 12.00pm	**New Parents Group –** Educational program for new parents – FREE *Bookings essential*
		1.00pm – 3.00pm	**Mah-Jong –** Come along to this beginner's class – FREE.
		NOT RUNNING	**Gentle Flow Yoga –** Suitable for all. BYO floor mat - $10pp
	Wednesday 9	8.00am (30 – 45 min)	**Brighton Walkers -** Heart Foundation walking group "meet at the Brighton Campus Café" – FREE.
		3:00pm – 5.00pm	**Walking Football -** suitable for all levels of ability and fitness – call Sam for more info 3208 2677 - $15 annual registration
	Thursday 10	8.00am – 9.00am	**Chair Yoga –** all welcome. **Prerecorded lesson while Claire away – FREE
		9.00am – 10.00am	**Flu Vaccination Service –** Pharmacist onsite for free flu vaccines and general advice – FREE
		9.00am – 11.30am	**Lawn Bowls –** Casual lawn bowls ideal for learning and enjoying the lawn - FREE
		10.00am – 11.30am	**Community Catch up –** Come along and join in conversation and games (Cards, board games etc) – FREE.
		10.00am – 11.00am	**Justice of the Peace Service –** Drop in – FREE
	Friday 11	9.30am – 12.00pm	**Bright 'N' Sparks Dementia Choir** @ the Brighton Wellness Hub – $10pp (carers free).

Self-Care Awareness Month

For questions, requests or to register for an event:

Phone: (07) 3631 7568   Email: COH-Engagement@health.qld.gov.au
Website: https://metronorth.health.qld.gov.au/community/locations/brighton-wellness-hub

Queensland Government