

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 12 January 2025



Day	Time	In the Hub
Monday 12	NOT RUNNING 10.00am – 12.00pm 5:30pm – 6:30pm	Line Dancing' fun 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 13	8.00am – 9.00am 9.15am – 10.30pm 1.00pm – 3.00pm 4.30pm – 5.30pm	Morning Meditation – all welcome – FREE Needle and Hooks – Knitting and Crochet group - FREE Mah-Jong – Come along to this beginner's class. Bring a plate for race day afternoon tea – FREE Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp
Wednesday 14	7:30am (30 – 45 min)	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE.
Thursday 15	8.00am – 9.00am 9.00am – 11.30am 10.00am – 11.30am NOT RUNNING 7.00pm – 8.30pm	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 Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
Friday 16	Nil	Nil
Saturday 17	5.00pm – 6.30pm	Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE

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>

