

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 21 September 2026**



Day		Time	In the Hub
Monday 21	SCHOOL HOLIDAYS	8.45am – 9.45am 10.00am – 12.00pm 1.00pm – 3.00pm	Line Dancin' Denise – Beginner and senior friendly line dancing - \$10pp Community Catch up – Come along and join in conversation and games (Table Tennis, cards, board games etc) – FREE Carer Support Group – friendly group for conversation and a cuppa amongst carers - FREE
Tuesday 22		8.00am – 9.00am 9.15am – 11.30pm 1.00pm – 3.00pm 4.30pm – 5.30pm	Golden Zumba – Beginner friendly rhythmic workout – \$10pp Needle and Hooks – Knitting and Crochet group – FREE Mah-Jong – Come along to this beginner's class – FREE Gentle Flow Yoga – Suitable for all. BYO floor mat - \$10pp
Wednesday 23		8.00am (30 – 45 min) 9.30am – 11.30am 3:00pm – 5.00pm 6:00pm – 7:00pm	Brighton Walkers - Heart Foundation walking group meet at the Brighton Health Campus Café – FREE Advance Care Planning info session – Learn how to communicate your choices now – FREE Walking Football - suitable for all levels of ability and fitness – call Robert for more info 0422 344 253 – FREE Brahma Kumaris Meditation – Pop in for peace, come for as long or as little as you like – FREE
Thursday 24		8.00am – 9.00am NOT RUNNING 10.00am – 11.00am 4.45pm – 5.45pm 7.00pm – 8.30pm	Chair Yoga – all welcome \$5pp Lawn Bowls + Community Catch up (Yarning Circle) Justice of the Peace Service – drop-in service – FREE Yoga Nidra – Relaxation yoga with ancient origins. Suitable for all. BYO mat and cushion - \$10pp Alcoholics Anonymous – Open to anyone with a desire to stop drinking - FREE
Friday 25		9.30am – 10.30am NOT RUNNING	Breast Cancer info session – Learn how the Comprehensive Breast Cancer Institute is helping people with breast cancer - FREE Bright 'N' Sparks Dementia Choir
Saturday 26		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>

Advance Care Planning

BRIGHTON WELLNESS HUB

Free Community Information Session



Community & Oral Health, Social Work Team will be presenting
***Advance Care Planning – The Importance of Communicating
Your Views and Wishes for the Future, Now***

When: **23 September 2026**

Time: **10am – 11.30am**

Tickets: [Advanced Care Planning Tickets](#)



Register for free

Where: **[Brighton Wellness Hub](#)**

(Cnr Nineteenth Ave and Hornibrook
Highway, Brighton, 4017)



All welcome to attend! Call 3631 7568 with questions

Metro North
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BRIGHTON WELLNESS HUB

Free Breast Cancer Information Session



Join the Comprehensive Breast Cancer Institute
for a free information session all about breast cancer and
how the institute is helping improve services and outcomes
for the community.

When: **25 September 2026**

Time: **9:30am – 10:30am**

Tickets: **FREE**



Register for free

Where: **[Brighton Wellness Hub](#)**

(Cnr Nineteenth Ave and Hornibrook
Highway, Brighton, 4017)



All welcome to attend! Call 3631 7568 with questions



COMPREHENSIVE BREAST
CANCER INSTITUTE

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