

**FREE**

Metro North Hospital and Health Service *Putting people first*

**Community and Oral Health  
Seniors Week**

# **HEALTHY AGEING EXPO!**

**Wednesday 21 August – Friday 23 August  
9.00am – 2.00pm (daily)**

**Brighton Wellness Hub  
Crn 19th Ave and Hornibrook Highway, Brighton**

**Free activities, information and events!**

For more information please contact the Engagement Team:  
Ph: 3631 7568 or email: [COH-Engagement@health.qld.gov.au](mailto:COH-Engagement@health.qld.gov.au)



## Community and Oral Health Seniors Week

# HEALTHY AGEING EXPO – PROGRAM

**Come and try!**

### Wednesday 21 August 9.00am – 2.00pm:

Brighton Walking Group	Tai Chi
Heart Foundation – <i>Information Session</i>	Nutrition Australia QLD – <i>Cooking Demonstration</i>
Arts and Craft	Indigenous Health & Community Yarning Circle – <i>Pit Stop Health Screening</i>
Sandgate Theatre	Senior Sport
Sustainability Living – <i>Information Session</i>	Barefoot Bowls

### Thursday 22 August 9.00am – 2.00pm:

Continence Foundation of Australia – <i>Information Session</i>	Advance Care Planning – <i>Information Session</i>
New Direction Care Bellmere	St John QLD
Department of Human Services – <i>Information Session</i>	Community and Oral Health Complex Chronic Disease Team
Hearing Australia – Hearing test – <i>free</i>	Brighton Health Campus
BallyCara	Oral Health
Centacare	Sandgate and Districts Men’s Shed inc.
All About Living	Sandbag
Diversicare – <i>Information Session</i>	Sandgate – Queensland Police Service – <i>Information Session</i>
Beyondblue/NewAccess RFQ	Barefoot Bowls

### Friday 23 August 9.00am – 2.00pm:

Burnie Brae	Bloom Hearing Specialists
Sandgate Library	Niagara Therapy
The Public Trustee – <i>Information Session</i>	Vision Australia – <i>Information Session</i>
Sandgate Home Assist	Stroke Foundation – <i>Information Session</i>
Lutheran Services	Ihear Sandgate
Brisbane PHN – Team Care Coordination	Co.as.it Community Services
Carers QLD	Barefoot Bowls
Ethnic Communities Council of Queensland – Chronic Disease Program – <i>Information Session</i>	Ethnic Communities Council of Queensland – <i>Sexual Health</i>

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