

A morning of wellness with Gerald Quigley at The Brighton on Bay

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DISCOVER HOW TO TAKE CHARGE OF YOUR HEALTH!



The Brighton on Bay




UPCOMING EVENT

WEDNESDAY
29 OCTOBER
10:30AM - 12:30PM

Keyton.

RSVP today

Detail

- The Brighton on Bay
- Wednesday, 29 October 2025, 10:30 AM - 12:30 PM
- 1 Asling Street, Brighton - VIC

Event Overview


Join renowned holistic health expert Gerald Quigley for an inspiring morning of wellness insights and conversation. Gerald, co-host of the House of Wellness radio show, will share practical advice on:


Boosting energy, vitality & optimism
Building a connected health care team
Using food as medicine
Managing medications safely
Understanding supplements & natural remedies

Whether you're looking to improve your daily habits or rethink your approach to wellness, this event will leave you feeling informed and inspired. Enjoy complimentary morning tea, hear Gerald's engaging health talk, and take a guided tour of our beautiful village. Wednesday 29 October, 10:30am – 12:30pm
The Brighton on Bay, 1 Asling Street, Brighton
Reserve your spot today for the chance to win 2 movie tickets to

[...]
Find out more information from
<https://www.downsizing.com.au/events/detail/2129/a-morning-of-wellness-with-gerald-quigley-at-the-brighton-on-bay>

Event ID2129





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