

Individuals living with brain injury can *Live Well*. Our *Live Well* events provide opportunities to be active, healthy, involved and social. For registration forms visit supportivelivinginc.org or contact us at info@supportivelivinginc.org or 781-274-8711

FEBRUARY EVENTS SCHEDULE

DJ MIKE

THURSDAYS 2/14, 28 6:00PM \$5 PER EVENT

Enjoy a fun selection of great music from the 60s, 70s and 80s, curated by a professional DJ.
McLaughlin House, 333 Park St., N. Reading

MARK WEST: PIANO PERFORMANCE

SUNDAY 2/16 12:00-1:00PM \$5 PER EVENT

Enjoy a performance from professional pianist Mark West.

Douglas House, 7 Oakland St., Lexington, MA

BRAIN INJURY SUPPORT GROUP

TUESDAYS 2/5, 19 3:00-4:00PM NO FEE

Offers survivors and their families the space to discuss matters related to brain injury in an understanding and inclusive environment.

Douglas House, 7 Oakland St., Lexington, MA



WINTER 2019 CLASS SCHEDULE

FITNESS FOR ALL: ADAPTIVE EXERCISE PROGRAM

MONDAY-FRIDAY | 1/30-5/3 | \$10 FEE PER CLASS

Each one-hour session includes aerobics, stretching and functional strength training to improve physical fitness for people living with brain injury*

SLI Brain Injury Wellness Center, 7 Oakland St., Lexington.

YO-ABILITIES: CHAIR YOGA

TUESDAYS | 2/5- 3/12 | 6:30 – 7:30PM | \$10 PER CLASS

Focus on improving postural control and sitting balance to improve body alignment and breathing techniques.

McLaughlin House, 333 Park Street, N. Reading

GROUP EXERCISE: BOXING

WEDNESDAYS | 2/6-3/13 | 6:00-7:00PM | \$5 FEE PER CLASS

A setup including punching bags and a trained instructor provides an opportunity to improve stamina and strength!

Douglas House, 7 Oakland Street, Lexington

EXPRESSIVE ARTS GROUP

THURSDAYS | 2/7-3/7 | 10:30-11:30AM | \$5 PER CLASS

Work with an adaptive teacher in a group setting to engage in meaningful self-expression through art.

McLaughlin House, 333 Park street, North Reading

CHESS CLUB

WEDNESDAYS | 2/6-3/13 | 6:00-7:00PM | \$5 PER CLASS

Participants can join to improve cognitive skills by playing chess in a fun, relaxing environment.

Douglas House, 7 Oakland Street, Lexington, MA

*For exercise program registration, please contact Harrison Carmichael at hcarmichael@supportivelivinginc.org

Live Well classes are provided by Supportive Living, Inc. and Advocates Brain Injury Services and supported by the Statewide Head Injury Program, a program of Community Based Services, Massachusetts Rehabilitation Commission.