

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

MARCH EVENTS SCHEDULE

DJ MIKE

3/1[#], 14^{*}, 15[#], 28^{*}, 29[#] 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

#Warren House, 17 Warren Ave., Woburn

MARK WEST: PIANO PERFORMANCE

3/16[#], 17^{*}, 31[#] 12:00-1:00PM \$5 PER EVENT

Performances from professional pianist Mark West.

*Douglas House, 7 Oakland St., Lexington, MA

#Warren House, 17 Warren Ave., Woburn

BRAIN INJURY SUPPORT GROUP

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

An opportunity for survivors and their families to discuss matters related to brain injury

Douglas House, 7 Oakland St., Lexington, MA

PERFORMANCE: ACOUSTIC THURSDAY

SUNDAY 3/24 2:00PM NO FEE

Acoustic Thursday have a mission of adding “sunshine and life” to whoever is present at their performances. Come enjoy the live music and a potluck dinner afterwards!

Douglas House, 7 Oakland St., Lexington, MA



SPRING 2019 CLASS SCHEDULE

FITNESS FOR ALL: ADAPTIVE EXERCISE PROGRAM

MONDAY-FRIDAY | 3/18-5/3 | \$10 FEE PER CLASS

Each session includes aerobics, stretching and functional strength training to improve physical fitness for people living with brain injury and other neurological conditions.

Ask about our Lexington, Marblehead and Wenham programs

YO-ABILITIES: CHAIR YOGA

TUESDAYS | 3/19- 4/23 | 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

BOXING FOR BALANCE, CORE AND MORE!

MONDAYS | 3/25-4/22 | 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 | 3/28-4/25 | 10:30-11:30AM | \$5 PER CLASS

Work with an adaptive teacher in a group setting to engage in meaningful self-expression through art. Projects include self-portraits, painting, sculpting and more!

McLaughlin House, 333 Park street, North Reading

CHESS CLUB

WEDNESDAYS | 3/27-4/24 | 6:00-7:00PM | NO FEE

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

Douglas House, 7 Oakland Street, Lexington, MA