



Supportive Living, INC.  
— BRAIN INJURY PROGRAMS —

# SLI NEURO WELLNESS

LIVE AS FULLY AS POSSIBLE

## APRIL EVENTS SCHEDULE

### DJ MIKE

4/11\*, 12#, 25\* 30# | \$5 PER EVENT

Enjoy a selection of great music from the 60s, 70s and 80s.

\*6:00pm McLaughlin House, 333 Park St., N. Reading

#4:00pm Warren House, 17 Warren Ave., Woburn

### MARK WEST: PIANO PERFORMANCE

4/12#, 14\*, 27# | \$5 PER EVENT

Performances from professional pianist Mark West.

\*12:00pm Douglas House, 7 Oakland St., Lexington, MA

#4:00pm Warren House, 17 Warren Ave., Woburn

### BRAIN INJURY SUPPORT GROUP

TUESDAYS | 4/2, 16 | 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



## 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 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

### STROKE AND APHASIA CONVERSATION GROUP

THURSDAYS | 4/11, 25 | 10:30-11:30AM | \$5 PER CLASS

Participate in a staff-coordinated conversation group intended to provide a space for people with aphasia or other communication difficulties to engage in meaningful, structured conversations.

Douglas House, 7 Oakland Street, Lexington

### CHESS CLUB

THURSDAYS | 4/4, 18 | 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

Classes are provided in a collaborative effort by Supportive Living, Inc., Advocates Brain Injury Services, and program partners and are supported by the Statewide Head Injury Program, a program of Community Based Services, Massachusetts Rehabilitation Commission.

Please contact [info@supportivelivinginc.org](mailto:info@supportivelivinginc.org) to register or with any questions.

