



Summer 2019 Neuro Wellness Program Classes

SLI's Neuro Wellness Program classes are designed to help those living with acquired brain injury and other neurological disorders improve their physical, cognitive and social fitness in engaging, supportive environments. To register for any of the classes below, please email info@supportivelivinginc.org or call us at (781) 274-8711. (v 4.17)

ADAPTIVE EXERCISE CLASS

JUNE 12TH – AUGUST 16TH

Research shows that exercise is good for both the mind and body, and that survivors of brain injury can continue to improve their physical and cognitive health long after their initial injuries. Each one-hour session in our adaptive exercise class features aerobic exercise to improve cardiovascular health and functional exercise to improve strength and mobility. In this class you will receive one-on-one support to help you work towards your specific fitness goals in a fun, social environment with adaptive equipment such as NuStep trainers, treadmills with harnesses and qualified trainers. \$15 fee per class.

Neuro Wellness Center, 7 Oakland St., Lexington | Classes offered Monday-Friday 1:00, 2:00, 3:00 and 4:00pm

Lynch/van Otterloo YMCA, 46 Legs Hill Rd., Marblehead | Classes offered Tuesday, Thursday, Friday 9:00, 10:00 and 11:00am

Center for Balance, Mobility and Wellness, Gordon College, 26 Hull St., Wenham | Classes offered Tuesday, Thursday, Friday 1:00pm

BOXING FOR BALANCE, CORE AND MORE

JUNE 10TH – AUGUST 12TH

Fitness boxing presents an opportunity to increase your heart rate, improve your strength and practice maintaining your balance in a dynamic environment. Our setup of punching bags and a professional instructor in the Neuro wellness Center is ideal for those looking for a safe and fun way to explore boxing as a fitness opportunity. \$5 Fee per class.

Neuro Wellness Center, 7 Oakland Street, Lexington, MA | Mondays 6:30pm

YO-ABILITIES: CHAIR YOGA

JUNE 11TH – AUGUST 13TH

Participants in this class have the opportunity to improve posture, flexibility, range of motion and more through guided, adaptive yoga classes taught by a professional instructor. These yoga classes accommodate those with mobility issues that might hinder their ability to participate in other yoga classes in the community. \$5 fee per class.

McLaughlin House, 333 Park Street, North Reading, MA | Tuesdays 6:30pm

EXPRESSIVE ARTS

JUNE 10TH – AUGUST 12TH

Our expressive arts class is an opportunity to receive instruction from a professional art teacher in a group setting to engage in self-expression through art projects such as painting and sculpting. \$5 fee per class.

McLaughlin House, 333 Park Street, North Reading, MA | Thursdays 10:30am

Old Farm Rockport, 291 Granite Street, Rockport, MA | Mondays 10:30am

DRUMMING CLASS

JUNE 10TH TO AUGUST 12TH

Work with a professional percussion instructor in a great space to learn new rhythms and make new friends. All instruments provided. \$5 fee per class. Note: Thursday classes alternate between McLaughlin and Warren Houses

McLaughlin House, 333 Park St., North Reading, MA | Warren House, 17 Warren Ave., Woburn, MA | Thursdays 3:00pm (Alternating)

Old Farm Rockport, 291 Granite Street, Rockport, MA | Mondays 2:00pm

Thank you to the following organizations for supporting these activities: Advocates, Inc; Boston Evening Clinic; Catholic Health Foundation; Chase Charity Fund; Dana Home Foundation; Decrow Foundation; Hamilton Foundation; Statewide Head Injury Program, Massachusetts Rehabilitation Commission

CHESS CLUB

JUNE 13TH – AUGUST 8TH

Join in on competitive chess games to work on cognitive skills and have fun! No fee. Note: classes occur every other Thursday beginning June 13th.

Douglas House, 7 Oakland Street, Lexington, MA | Thursdays 6:30pm

STROKE AND APHASIA CONVERSATION CLUB

JUNE 20TH – AUGUST 15TH

Engage in conversations led by instructors about sports, current events, movies and more. No fee. Note: classes occur every other Thursday beginning June 20th.

Douglas House, 7 Oakland Street, Lexington, MA | Thursdays 6:30pm

Summer 2019 events

SLI Neuro Wellness Center events offer people living with brain injury and other neurological disorders opportunities to engage in community-based recreational events. Below are a few of the events we have planned. Please visit our website for updates. To register, email info@supportivelivinginc.org or call (781) 274-8711.

SUMMER SOLSTICE COOKOUT

JUNE 20ST

Come to Douglas House in Lexington to enjoy great food, friends and fun to celebrate the official beginning of the summer. Freshly grilled food (including vegetarian options) and drink will be provided for all, as well as various yard games, ice cream, and more! \$5 fee.

Douglas House, 7 Oakland Street, Lexington, MA | 11:00am

OLD FARM ROCKPORT COOKOUT

AUGUST 6TH

The annual cookout at Old Farm Rockport will feature live music and dancing in a beautiful outdoor space, right next to Halibut Point State Park. Food and drink will be provided for all attendees with plenty of outdoor seating and opportunities to see the gardens. Music will be provided by Ten Tumbao, a talented band playing Latin and Afro-Caribbean music that is perfect for dancing and enjoying the summer day. \$5 fee.

Old Farm Rockport, 291 Granite Street, Rockport, MA | 11:00am

ACCESSPORT AMERICA: ADAPTIVE WATER SPORTS



On a picturesque section of the Charles River in Waltham MA, AccessSportAmerica will offer their new summer sports program. Sports include windsurfing, Hawaiian outrigger canoeing, stand-up paddling, rowing, kayaking, and upright or recumbent cycling. Each sport is adapted to fit every individual's unique needs and every athlete will be actively involved in the chosen sport. To Schedule please email Nate Berry at Nate@goaccess.org or call (978) 790-2960.

Woerd Ave Boat Launch, 31 Woerd Ave, Waltham, MA | June/September, Tues-Friday | July/August, Wednesdays and Fridays

Stay tuned for more North Shore events such as horticulture at Old Farm Rockport, tours of Halibut Point State Park, whale watches and more. Visit our website www.supportivelivinginc.org to stay up-to-date on these events.

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