



SLI Neuro Wellness Classes Fall 2019

SLI Neuro Wellness activities offer people living with brain injury and other neurological disorders opportunities to engage in community-based health and wellness classes and recreational events. Register at info@supportivelivinginc.org or call (781) 274-8711.

NEURO-FIT: ASSISTED EXERCISE CLASS

SEPT 30 - DEC 20

Each one-hour session in our assisted 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. **\$15 per class. Fees may be subsidized by various funding sources and scholarships.**

Neuro Wellness Center, 7 Oakland St., Lexington | Mon-Wed- Fri, or Tue-Thurs 1:00, 2:00, 3:15 and 4:15pm
Lynch/van Otterloo YMCA, 46 Legs Hill Rd., Marblehead | Tuesday, Thursday, Friday 9:00, 10:00 and 11:00am
Center for Balance, Mobility and Wellness, Gordon College, 26 Hull St., Wenham | Tuesday, Thursday, Friday 1:00 and 2:00pm

BOXING FOR BALANCE, CORE AND MORE

SEPT 30 - DEC 18

Boxing exercises provide an excellent opportunity to improve balance, and increase your heart rate and strength in a dynamic environment. From boxing exercises, to time spent with boxing gloves and punching bags, this class is ideal for those looking for a safe and fun way to explore boxing as a fitness opportunity. **\$10 per class.**

Neuro Wellness Studio, 9 Oakland Street, Lexington, MA | Mondays, Tuesdays, and Wednesdays 2:00pm

YO-ABILITIES: CHAIR YOGA

SEPT 24 - DEC 17

Improve posture, flexibility, range of motion and more through this guided, adaptive yoga class. These yoga classes accommodate those with mobility issues that might hinder their ability to participate in other yoga classes in the community. **\$10 per class.**

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

EXPRESSIVE ARTS

SEPT 24 - DEC 19

The 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 per class.**

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

HORTICULTURE

SEPT 24 - DEC 19

Enjoy indoor and outdoor gardening and other plant-based activities. Come get your hands dirty! **\$5 per class.**

McLaughlin House, 333 Park Street, North Reading, MA | every other Tuesday 1:30pm starting Sep. 24th

DRUMMING CLASS

SEPT 26 - DEC 19

Work with a professional percussion instructor in a great space to learn new rhythms and make new friends. **\$5 per class.**

McLaughlin House, 333 Park St., North Reading, MA | Thursdays 4:00pm (Alternating) starting Oct. 3rd

Warren House, 17 Warren Ave., Woburn, MA | Thursdays 4:00pm (Alternating) starting Sep. 26th

CHESS CLUB

SEPT 26 - DEC 19

Chess is a great way for people to get involved in a game that is fun and challenging, while promoting cognitive functioning at the same time. **No fee.**

Douglas House, 7 Oakland Street, Lexington, MA | Every other Thursday starting Sept 26 6:00pm

CONVERSATION CLUB

SEPT 26 - DEC 19

Engage in conversations led by instructors about sports, current events, movies and more. **No fee.**

Douglas House, 7 Oakland Street, Lexington, MA | Every other Thursday starting Oct 3. 6:00pm

CULINARY CLUB

SEPT 6 - DEC 20

Join us for a fun afternoon in the kitchen! You will work hands-on creating new, delicious dishes to enjoy and engage with others.

\$2.50 for lunch.

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

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