



Winter 2020: Classes

SLI Neuro Wellness Classes are on interim break from December 20th until late January.

NEURO-FIT: ADAPTIVE EXERCISE CLASS

January 31st – May 1st

Exercise is good for both the mind and body for everyone! Survivors of brain injury can continue to improve their physical and cognitive fitness 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. \$12.50 fee per class (fee may be negotiable).

Neuro Wellness Center, 7 Oakland St., Lexington | Monday-Friday @ 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

BOXING FOR BALANCE, CORE AND MORE

January 28th - May 5th

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 fee per class.

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

YO-ABILITIES: CHAIR YOGA

January 28th - May 5th

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 fee per class.

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

EXPRESSIVE ARTS

January 28th - May 5th

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 | Tuesdays @ 10:30am

HORTICULTURE

January 30th – May 5th

Come help tend to the gardens and get your hands dirty! \$5 Fee.

McLaughlin House, 333 Park Street, North Reading, MA | every other Tuesday @ 1:30pm starting February 4th

DRUMMING CLASS

January 30th – May 7th

Work with a professional percussion instructor in a great space to learn new rhythms and make new friends. \$7.50 fee per class.

McLaughlin House, 333 Park St., North Reading, MA | Thursdays @ 4:00pm (Alternating) starting January 30th

Warren House, 17 Warren Ave., Woburn, MA | Thursdays @ 4:00pm (Alternating with Horticulture) starting February 6th

CHESS CLUB

January 24th – May 1st

Chess is a great way for people with brain injury 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 Friday @ 3pm

CULINARY CLUB

January 3rd - May 8th

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 fee for lunch.

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