



PROGRAM UPDATE:

Over the last few weeks, our Neuro-Fit members have returned to the gym and made incredible improvements! Members have been able to return to their previous routine of structured exercises working towards increasing strength, improving balance, and boosting cardiovascular endurance.

We hope to offer all our Neuro-Wellness classes to the public in the near future!



“We love this exercise program and are convinced it has been a major factor in all aspects of her continued recovery,” – Tom M. on his wife’s involvement in SLI’s Neuro-Fit program.

We are now accepting applications for housing in our residential facilities. For more information, please visit: <https://www.supportivelivinginc.org/residential/>

Neuro-Fit: Assisted Exercise Class

Each one-hour session in our assisted exercise program features aerobic exercises to improve cardiovascular fitness, functional exercise to improve strength and mobility, as well as challenging balance exercises with one-on-one support to help members work towards specific fitness goals. All classes involve required PPE and temperature checks upon arrival. **\$12.50 fee per class** (financial aid available).

Currently open classes at:

- **Merrimack Valley YMCA, 165 Haverhill St., Andover | Tuesday/Thursday @ 1pm, 2:30pm, & 4pm.** For more information email info@supportivelivinginc.org.

Waitlist spots available at:

- **Neuro-Wellness Center, 7 Oakland St., Lexington | Tuesday/Thursday @ 1pm, 2:30pm & 4pm**
- **Lynch/van Otterloo YMCA, 46 Legs Hill Rd., Marblehead | Tuesday/Thursday @ 11:30am & 1pm**

SLI Presents “The Sounds of Music” - The Neuroscience of Music and the Mind Virtual Gala

Our brain has incredible ability to strengthen pre-existing neural connections or create new ones, which allows us to learn new skills or heal an injured brain. Music induces neurological connections to positively ‘rewire’ the brain. Learn more about these connections from Brian Harris, CEO of MedRhythms and Kathleen Howland, PhD., Berklee College of Music. You can also see music therapy in action with Ernesto Diaz, SLI’s percussion instructor, and enjoy musical performances from Ernesto and his friends from Berklee College of Music.

[Watch the replay at](#)

https://www.youtube.com/watch?v=j_8wzDW4x0k&feature=youtu.be

Chair Yoga – Videos to keep you moving

- Chair Yoga for Stroke: <https://www.youtube.com/watch?v=CDgsBsuzpyg&t=2s>
- Chair Yoga for MS: <https://www.youtube.com/watch?v=q1Vsbi7bD1E>
- Yoga For Change – Yoga for Brain Balance: <https://www.youtube.com/watch?v=ODV5qP17wIM>
- Tai Chi After Brain Injury: <https://www.youtube.com/watch?v=MjUSiCPvJB4>