



Supportive Living, INC.

1991 — BRAIN INJURY PROGRAMS — 2021

Neuro-Wellness

from SLI MARCH 2021

PROGRAM UPDATE

For the Spring 2021 semester, SLI has incorporated new equipment into the gym for all members in Lexington, such as a mini-cable machine, balance cushions, resistance balls, and a new arm ergometer. Members will continue to receive one-on-one individualized training with this new equipment to improve strength, coordination, balance, and more!



SLI is celebrating 30 years helping improve life for survivors of brain injury and other neurological disorders. Contact us to get involved in the fun activities:
info@supportivelivinginc.org.

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 required PPE and temperature checks upon arrival. **\$15 fee per class** (financial aid available).

***We still have a few open slots at each of our locations.
Come join us for the spring!***

- **Neuro-Wellness Center, 7 Oakland St., Lexington |**
Tuesday/Thursday @ 1:15 pm, 2:30pm & 3:45pm
- **Lynch/van Otterloo YMCA, 46 Legs Hill Rd., Marblehead |**
Tuesday/Thursday @ 11:30am & 12:45pm
- **Merrimack Valley YMCA, 165 Haverhill St, Andover |**
Tuesday/Thursday @ 2:30pm, & 4pm

Boxing for Balance, Core and More...go virtual

Rock Steady Boxing is a non-profit organization that “gives people with Parkinson’s disease hope by improving their quality of life through a non-contact boxing based fitness curriculum”. The following videos provided by a YouTube Rock Steady Boxing Instructor allow everyone with a neurologic disorder or brain injury to participate in a fun, energizing workout – gloves optional!

- **Boxing Workout #5:**
<https://www.youtube.com/watch?v=aJ6V0AYYL8>
- **Boxing Seated Chair Workout #6:**
<https://www.youtube.com/watch?v=ptedA4GkDYg>
- **Boxing Seated Chair Workout #8:**
<https://www.youtube.com/watch?v=vmg2WRVcvDo>

We thank the following organizations for supporting Neuro-Wellness: Advocates, Boston Evening Clinic, Dana Home Foundation, Hamilton Company, and SHIP – the Statewide Head Injury Program, a program of the Massachusetts Rehabilitation Commission.