



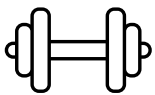
SLI's Neuro-Wellness Program offers people living with brain injury and other neurological disorders opportunities to engage in community-based health and wellness activities. For more information contact Lindsay Weir, Neuro-Wellness Program Manager, at [lweir@supportivelivinginc.org](mailto:lweir@supportivelivinginc.org) or call (339) 227-0295.

### Neuro-Fit: Assisted Exercise Program

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. We provide one-on-one instruction to help members work towards specific and individualized fitness goals. (1 hour session at \$15 fee per class, financial aid available.)

*Our summer Neuro-Fit session will run from June 7<sup>th</sup> to August 13<sup>th</sup>. Contact us today for a spot in any of the following locations:*

- **Neuro-Wellness Center, 7 Oakland St., Lexington** | Tuesday/Thursday @ 12:30pm, 1:45pm, 3pm & 4:15pm
- **Lynch/van Otterloo YMCA, 46 Legs Hill Rd., Marblehead** | Tuesday/Thursday @ 10:15am & 11:30am
- **Glen T. McLeod / Cape Ann YMCA, 7 Gloucester Crossing Rd, Gloucester** | Mon & Wed @ 10:15am and 11:30am
- **Merrimack Valley YMCA, 165 Haverhill St, Andover** | Tuesday/Thursday @ 2:30pm & 3:30pm



### B3 Boxing

The B3 (Brain, Body & Balance) Boxing class is a great way to improve endurance and motor coordination while having fun! (1 hour session at \$10 fee per class.)

**Location:** Douglas House, 7 Oakland Street, Lexington

**Time:** 5:30PM | **Dates:** Wednesdays 6/9, 6/16, 6/23, 6/30



### Old Farm Fridays: Horticulture and Art

Join us for a beautiful afternoon at our Rockport residence for art in the garden, including a garden-to-table lunch. (\$10 fee per session.)

**Location:** 291 Granite Street, Rockport, MA 01966

**Time:** 10:30am class, 12-1pm lunch | **Dates:** 6/18, 6/25

*We thank the following organizations for supporting Neuro-Wellness activities: Advocates, Boston Evening Clinic, Catholic Health Foundation, Cell Signaling Technology, Dana Home Foundation, Hamilton Company Foundation, Massachusetts Rehabilitation Commission (MRC), and Statewide Head Injury Program (SHIP).*