



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

In September, we kicked off the Fall 2021 session of Neuro-Fit. If you are interested in improving your fitness level in a fun and safe environment, consider signing up for the Neuro-Fit program. The Fall 2021 Session will run from September 16<sup>th</sup> through December 10<sup>th</sup>.

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.)

Contact us today to check availability in any of the following locations:

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



Want to keep up with SLI's Neuro-Wellness Programs? Follow us on social media!

Instagram: @supportivelivinginc  
TikTok: @supportivelivinginc  
Facebook: Supportive Living Inc.

We thank the following organizations for supporting Neuro-Wellness activities: Advocates, Boston Evening Clinic, Catholic Health Foundation, Dana Home Foundation, Hamilton Company Foundation, Eastern Bank, and the Statewide Head Injury Program (SHIP), a program of the Massachusetts Rehabilitation Commission's Community Based Services.