



Neuro-Fit: Assisted Exercise Program

The new year is a great time to work towards personal health and wellness goals. If you are interested in improving your fitness level in a fun and safe environment, consider signing up for the Neuro-Fit program. The Spring 2022 session will begin mid-January and initial evaluations can be completed ahead of time.

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.

For more information contact Lindsay Weir, Neuro-Wellness Program Manager, at lweir@supportivelivinginc.org or call (339) 227-0295.