



SLI NEURO-WELLNESS

Supportive Living Inc. | Brain Injury Programs

Neuro-Fit Program Update: August 2022

The SLI Neuro Wellness Program provides people living with brain injury and other neurological disorders community-based recreation and fitness opportunities through a variety of classes and events. To learn more or check availability, contact Lindsay Weir, Neuro-Wellness Program Manager, at lweir@supportivelivinginc.org or call (339) 227-0295.

The Neuro-Wellness summer session will end on August 12th and the fall session will begin on September 12th.

Neuro-Fit Assisted Exercise Program

Fee: \$15/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. We provide one-on-one instruction and support to help participants work towards specific and individualized fitness goals.

Contact us to check availability at the following locations:

Neuro-Wellness Center, 7 Oakland St., Lexington

Monday - Friday @ 11:30am, 12:45pm, 2pm & 3:15pm

Lynch/van Otterloo YMCA, 46 Legs Hill Rd., Marblehead

Tuesday/Thursday @ 10:30am, 11:30am, & 12:30pm

Glen T. McLeod / Cape Ann YMCA, 7 Gloucester Crossing Rd, Gloucester

Monday/Wednesday @ 10:30am, 11:30am, & 12:30pm

Merrimack Valley YMCA, 165 Haverhill St, Andover

Tuesday/Thursday @ 1:30pm, 2:30pm, & 3:30pm



B3 Boxing

Fee: \$10/class

The B3 (Brain, Body & Balance) Boxing class is a great way to improve endurance and motor coordination.

Neuro-Wellness Center, 7 Oakland St., Lexington

Wednesdays @ 11:30 am

Yoga

Fee: \$10/class

A certified yoga instructor leads a relaxing class in meditation, stretching, and mobility (modified to chair to accommodate all abilities).

Neuro-Wellness Center, 7 Oakland St., Lexington

Mondays @ 11 am

McLaughlin House, 333 Park St., North Reading

Tuesdays @ 6:30 pm

Drumming

Fee: \$7.50/class

Instructed by a professional percussion instructor from Berklee College of Music, the class explores news rhythms and drumming techniques in a lively environment.

Douglas House, 7 Oakland St., Lexington

Thursdays @ 11 am

McLaughlin House, 333 Park St., North Reading

Wednesdays @ 4pm (alternating)

Warren House, 17 Warren Ave., Woburn

Thursdays @ 3pm (alternating)

Chess Club

No Fee

Chess is a great way for people with brain injury to get involved in a game that is fun and challenging, while promoting cognitive functioning at the same time. Participants can receive instruction in individual games or compete in tournaments.

Warren House, 17 Warren Ave., Woburn

Wednesdays @ 12pm

Douglas House, 7 Oakland St., Lexington

Fridays @ 3pm

Music

Fee: \$7.50/class

A professional musician leads participants through a fun class of vocal and instrumental activities including karaoke. Participants can learn more about musical education as well as explore their favorite bands or albums.

Warren House, 17 Warren Ave., Woburn

Thursdays @ 1pm

Horticulture

Fee: \$5/class

A horticulture specialist leads a class on plant education and participants participate in gardening activities.

Douglas House, 7 Oakland St., Lexington

Tuesdays @ 2pm (alternating)

McLaughlin House, 333 Park St., North Reading

Tuesdays @ 10:30am

Warren House, 17 Warren Ave., Woburn

Tuesdays @ 2pm (alternating)



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.