



# SLI NEURO-WELLNESS

Supportive Living Inc. | Brain Injury Programs

## Neuro-Fit Program Update: December 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](mailto:lweir@supportivelivinginc.org) or call (339) 227-0295.

*Neuro-Wellness fall programs are currently in session and will finish on Friday, December 9<sup>th</sup>. The spring session will begin on January 17<sup>th</sup>, 2023 for all Neuro-Wellness classes except Neuro-Fit. Neuro-Fit classes will resume on Monday, January 23<sup>rd</sup>, 2023.*

### **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**

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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**

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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**

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Fee: \$7.50/class

Instructed by a professional percussion instructor from Berklee College of Music, the class explores 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)

### **Music**

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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**

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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.

