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 or call (339) 227-0295.

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

**Neuro-Fit Assisted Exercise Program**

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<th>Fee: $15/class</th>
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<td>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.</td>
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*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 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
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 @ 1 pm

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 @ 2 pm (alternating)
McLaughlin House, 333 Park St., North Reading
Tuesdays @ 10:30 am
Warren House, 17 Warren Ave., Woburn
Tuesdays @ 2 pm (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.