



SLI NEURO-WELLNESS

Supportive Living Inc. | Brain Injury Programs

Neuro-Fit Program Update: February 2023

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 winter/spring programs have begun.

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

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

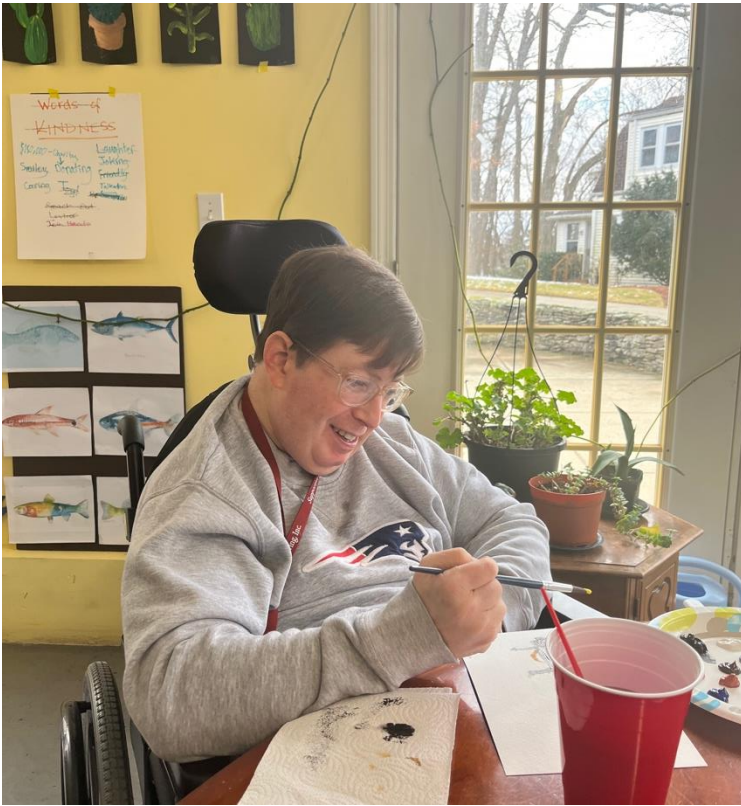
McLaughlin House, 333 Park St., North Reading

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)

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.