



# SLI NEURO-WELLNESS

Supportive Living Inc. | Brain Injury Programs

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

*The fall programs of Neuro-Wellness are currently in session and will end on December 8<sup>th</sup>, 2023.*

### **Neuro-Fit Assisted Exercise Program**

**Fee: \$25/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 @ 9:30am, 10:30am, 11:30am, & 12:30pm

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

Monday/Wednesday @ 9:30am, 10:30am, 11:30am, & 12:30pm

#### **Merrimack Valley YMCA, 165 Haverhill St, Andover**

Tuesday/Thursday @ 12pm, 1pm, 2:30pm, & 3:30pm

#### **Greater Beverly YMCA, 254 Essex St, Beverly, MA 01915**

Tuesday/Thursday @ 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**

Tuesdays @ 10:30 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 new rhythms and drumming techniques in a lively environment.

**Douglas House, 7 Oakland St., Lexington**

Wednesdays @ 11 am

**McLaughlin House, 333 Park St., North Reading**

Wednesdays @ 4pm (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.