



SLI NEURO-WELLNESS

Supportive Living Inc. | Brain Injury Programs

Neuro-Wellness Program Update: January 2024

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 spring programs of Neuro-Wellness will begin on January 22nd, 2024. We are excited to have everyone back in the new year!

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)

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 @ 11am (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.