



SLI NEURO-WELLNESS

Supportive Living Inc. | Brain Injury Programs

Neuro-Wellness Program Update: May 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 summer programs of Neuro-Wellness will begin June 3rd, 2024.

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

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 news 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.

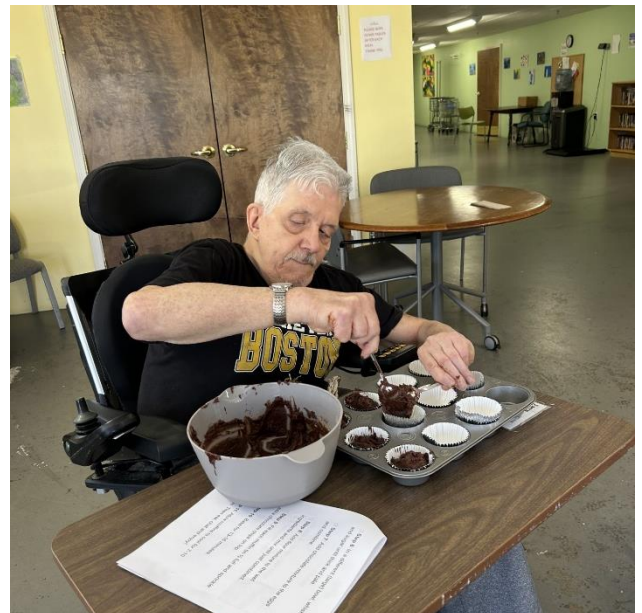
Douglas House, 7 Oakland St., Lexington
Tuesdays @ 2pm (alternating)
McLaughlin House, 333 Park St., North Reading
Tuesdays @ 10:30am
Warren House, 17 Warren Ave., Woburn
Tuesdays @ 2pm (alternating)

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)



BIA-MA Brain Injury Support Group

No Fee


In-person support group that provides survivors and their loved ones a forum for sharing information, a compassionate and understanding peer group, and an opportunity to socialize and make new friends.


Douglas House, dining room 7 Oakland Street Lexington, MA


Tuesday, May 7th 3pm-4:30pm

Virtual Tuesday, May 21st 3pm-4:30pm. Register here [Support Group Registration](#)

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.