



SLI NEURO-WELLNESS

Supportive Living Inc. | Brain Injury Programs

October 2024 Class Schedule

SLI's 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 Emily Willson, Neuro-Wellness Program Manager, at ewillson@supportivelivinginc.org or call (339)-227-0109.

The fall programs of Neuro-Wellness will continue through Friday, December 13th, 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, MA
Monday - Friday @ 11:30am, 12:45pm, 2pm & 3:15pm

Lynch/van Otterloo YMCA, 46 Legs Hill Rd., Marblehead, MA
Tuesday/Thursday @ 9:30am, 10:30am, 11:30am,
12:30pm & 1:30pm

Merrimack Valley YMCA, 165 Haverhill St., Andover, MA
Tuesday/Thursday @ 12pm, 1pm, 2:30pm & 3:30pm

Greater Beverly YMCA, 254 Essex St., Beverly, MA
Monday/Wednesday @ 9:30am, 10:30am, 11:30pm,
12:30pm & 1:30pm



Yoga

Fee: \$10

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 @ 10:45am
McLaughlin House, 333 Park St., North Reading
Wednesdays @ 6pm

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 @ 11am

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 St., Lexington


Tuesday, October 1st, 3pm-4:30pm

Want to keep up with SLI's Neuro-Wellness Programs? Follow us on social media!

 Instagram: @supportivelivinginc

 TikTok: @supportivelivinginc

 Facebook: Supportive Living Inc.

 LinkedIn: Supportive Living, Inc.

<https://www.supportivelivinginc.org/>

We thank the following organizations for supporting Neuro-Wellness activities: Advocates, Boston Evening Clinic, Catholic Health Foundation, Cell Signaling Technology, Dana Home Foundation, Eastern Bank, Hamilton Company Foundation, The Ludcke Foundation, Rogers Family Foundation, and the

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Community Based Services.