

Warren House in Woburn Announces 2017 Summer Camp for Brain Injury Survivors, Seeks Participants and Volunteers

Warren House, a Supportive Living, Inc. residential facility for brain injury survivors kicks off their 2017 Summer Camp with physical fitness and arts and music therapy programs. Warren House provides survivors with supportive yet independent-living accommodations. The Supportive Living Summer Camp provides a variety of community-based health and wellness programs for survivors of brain injury. These programs are part of Supportive Living's Total Health initiative that includes a range of physical, cognitive and social fitness



programs.

The physical fitness program is a vigorous exercise class that offers 25 minutes of cardio, and 25 minutes of strength and stretching. This program includes one-on-one assistance from a Supportive Living intern. Offered at the Center for Balance, Mobility and Wellness in Wenham on Tuesdays and Thursdays, June 6 through August 10, with 1-hour classes at 12:45 and 2:00pm. Fee \$10 per person.

Partnering with the Real School of Music, Supportive Living also offers two music classes on Tuesday afternoons at Warren House in Woburn. Designed by the teachers and students, the one-hour class runs from June 6 through August 8 at 2:00 and 3:00 pm. Fee \$5 per class.

All programs are open to brain injury survivors and a sliding fee scale is available to those of limited means. Interested participants or volunteers should contact Supportive Living, Inc. at 781-937-3199, www.supportivelivinginc.org.