



Supportive Living, INC.

BRAIN INJURY PROGRAMS

Summer Camp 2017

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 to provide a range of physical, cognitive and social fitness programs designed to improve life for individuals living with brain injury.

Summer Camp Classes and Programs

Physical Fitness Tuesdays and Thursdays, 6/6 – 8/10, 1 hour classes at 12:45 and 2:00pm

The physical fitness program is a vigorous exercise class that offers 25 minutes of cardio, and 25 minutes of strength and stretching. This program offers one-on-one assistance from a Supportive Living intern. *Fee: \$10 per person.**

Locations: SLI Brain Injury Wellness Center - 7 Oakland Street, Lexington

Center for Balance, Mobility, and Wellness - 255 Grapevine Road, Wenham

Horticulture Therapy Flexible

The horticulture therapy program for the community is similar to a community gardening project. The program provides garden beds that have been built at 30 inches high so access from a wheelchair is possible. Each participant has access to their own 2x4ft garden. The participant can create a garden plan with the Horticulture Program manager. We recommend using the "square foot" method of gardening – which help maximize the use of space. Volunteers** are available for those individuals needing physical assistance. *Fee: \$50 covers the cost of garden bed material, compost, and water*.*

Locations: SLI Brain Injury Wellness Center - 7 Oakland St., Lexington

Old Farm Rockport, 291 Granite St., Rockport

Cooking Fridays, 6/9 – 8/11, class from 1:00-2:00pm

Join Douglas House residents and other members of the Lexington community as we together create nutritious and delicious favorite dishes. *\$2.50 fee per class**

Location: Douglas House, 7 Oakland St., Lexington

Music Therapy-Drum Circle Thursdays, 6/8 – 8/10, 1 hour classes at 10:00 and 11:00am

Be part of a drum circle where participants are all using a choice of percussion instrument and perform a number of drum exercises. Drum therapy taps into the mind and body providing a new creative outlet. *Fee: \$5 per class**

Location: Old Farm Rockport, 291 Granite St., Rockport

Music-Group Directed Tuesdays, 6/6-8/8, 1 hour classes at 2:00 and 3:00pm.

Partnering with the Real School of Music, two music classes are offered on Tuesday afternoons at Warren House. The class is designed by the teachers and students and runs for 10 weeks. *Fee \$5 per class**

Location: Warren House, 17 Warren Ave., Woburn

Arts and Crafts Thursdays, 6/8 – 8/10, 1 hour classes at 2:00 and 3:00pm.

A broad range of creative and expressive techniques using multiple mediums. *Fee: \$2.50 per class**

Location: McLaughlin House, 333 Park St., North Reading

Summer Camp Community programs have been designed to meet the various physical, and other needs of individuals living with chronic brain injury. However, any and all community members are encouraged to participate.

** A sliding fee is available for anyone wanting to participate in a program but financially limited*

*** Volunteers are needed at the Lexington and Rockport site in the Horticulture Program*