

Have you had a stroke? Are you 60+ and looking for an exercise program that works for you?



We want you!!



This fall, Supportive Living Inc. is offering a 10-week individualized, adapted exercise program that will be fun, challenging, and safe for Lexington seniors with stroke.

Join us!

Want to improve your balance and strength?
Walk farther, faster?
Transfer more easily?
WE WANT YOU!

Quotes from past participants:

I'm with a group of people and we're having fun.

The young people assisting are very positive & respectful.

Participation is **FREE!**
Assistance with transportation if needed.

Program Dates: October 3 – December 16
M-W-F, 1 hr each session

For more information contact: Peter Noonan, Executive Director, Supportive Living Inc. and Brain Injury Wellness Center: (978) 852-2254

This program is sponsored by: Supportive Living, Inc.'s Brain Injury Wellness Center, with a grant from the Dana Home Foundation and in partnership with Minuteman Senior Services.