



SLI NEURO-WELLNESS

Supportive Living Inc. | Brain Injury Programs

Neuro-Wellness Program Update: July 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 Neuro-Wellness summer programs will run through Friday, August 9th, 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/class for ABI group, \$15/class for Parkinson's group

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

Parkinson's group: Tuesdays @ 10am

ABI group: Tuesdays @ 11am

McLaughlin House, 333 Park St., North Reading

Tuesdays @ 6:30pm



Intern Margot and Joanne perfecting their walking in the Neuro-Wellness Center.

Summer Classes at Old Farm Rockport

Fee: \$7.50/class

Art class: Join us for a beautiful afternoon at our Rockport residence for art in the garden, including an optional garden-to-table lunch.

Old Farm Rockport, 291 Granite St., Rockport

Thursday, July 11th: 11am-12pm (lunch option from 12 pm-1 pm for an additional \$5)

Drumming/Percussion class: A fun hour of music and rhythm led by a professional percussion instructor, including an optional garden-to-table lunch.

Old Farm Rockport, 291 Granite St., Rockport

Thursday, July 18th: 11am-12pm (lunch option from 12 pm-1 pm for an additional \$5)



Participants creating artwork at Old Farm Rockport.

Drumming

Fee: \$7.50/class

Instructed by a professional percussion instructor from Berklee College of Music, the class explores new 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, July 2nd 3pm-4:30pm

Summer Cookout: 10th Anniversary of Old Farm Rockport

Fee: \$10

Join us for a wonderful afternoon of food and music to celebrate 10 years of Old Farm Rockport!

Please RSVP by July 19th to Melissa Lynch, mlynch@supportivelivinginc.org

291 Granite Street, Rockport, MA


Thursday, July 25th 11:30am-1:30pm


(Weather permitting)





Neuro-Fit Staff and Howard enjoying the summer weather at Douglas House.

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, 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.