



Supportive Living, INC.

BRAIN INJURY PROGRAMS

NEURO-WELLNESS from SLI

SEPTEMBER 2020

FALL UPDATE:

In the coming weeks SLI will be preparing to re-start our Neuro-Wellness community classes and activities for survivors of brain injury. SLI will be following the guidelines of Phase 3 of MA's re-opening plan. Classes will be held with modified programming, as well as smaller class sizes. Final details are currently being solidified and we will contact our members once confirmed.

SLI is hoping to be able to offer all of our Neuro-Wellness programs to the public in the near future!



For more information regarding SLI's Neuro-Wellness programs, please email Kara, Neuro-Wellness Manager, at klavertu@supportivelivinginc.org.

Neuro-Fit: Assisted Exercise Class

Each one-hour session in our adaptive exercise class features aerobic exercise to improve cardiovascular health and functional exercise to improve strength and mobility with one-on-one support to help you work towards your specific fitness goals. **\$12.50 fee per class** (fee may be negotiable).

Neuro-Wellness Center, 7 Oakland St., Lexington | Tuesday/Thursday @ 1pm, 2:30pm & 4pm

Lynch/van Otterloo YMCA, 46 Legs Hill Rd., Marblehead | Tu/Thu 11:30am & 1pm

***NEW* Merrimack Valley YMCA, 165 Haverhill St, Andover** | Tu/Thu 1pm, 2:30pm, & 4pm

Expressive Arts

Get creative with someone at home!

- 17 Easy Art Projects Anyone Can Make:
<https://www.youtube.com/watch?v=CqA7yibAwbc>
- 3 Easy DIY Canvas Art – Home Décor:
<https://www.youtube.com/watch?v=JtvRS7-AeyY>

Healthy Cooking

Easy, healthy meals anyone can make in their own kitchen!

- 4 Easy Meals to Start Cooking:
<https://www.youtube.com/watch?v=WEDndTCyGgU>
- Egg Muffins (3 Ways) - Healthy Breakfast Meal Prep Recipe:
<https://www.youtube.com/watch?v=6ZgPCxQ6gC0>
- 3 Delicious Heart Healthy Recipes:
<https://www.youtube.com/watch?v=gdlVJOkmJd4>

Chair Yoga

Remember to keep moving, stay engaged, and stay healthy!

- Yoga For Seniors – Chair Stretches for Pain Relief, Relaxation, Joint Health, Flexibility, Stress: <https://www.youtube.com/watch?v=3ZvmKOPoFVo>
- Chair Yoga Total Body Stretch – Happy Yoga:
<https://www.youtube.com/watch?v=GVu8h6O5oDo>
- 30 Minute Yoga for Injury (Chair Yoga) – All Levels Non-Impact Yoga Flow:
<https://www.youtube.com/watch?v=FRqf2w24cHU>

We thank the following organizations for supporting Neuro-Wellness activities: Advocates, Boston Evening Clinic, Dana Home Foundation, Hamilton Company, Massachusetts Rehabilitation Commission (MRC), and Statewide Head Injury Program (SHIP).