

# Brain Buddies

Live the Pillars of Brain Health—Together

Co-hosted by

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**Brain Buddies** is a welcoming group of individuals committed to **weaving the six pillars of brain health into everyday life**. We don't just talk about healthy habits—we help each other do them.

We motivate one another to build a consistent, **meaningful daily practice** of brain-boosting activities. Whether you're navigating cognitive changes or simply want to stay sharp and vibrant, this group offers the **structure, support, & inspiration to take action**.

## Each weekly session includes:

- A 10-minute spotlight on a brain health pillar such as exercise, nutrition, sleep or stress management
- Open discussion to share experiences, tips, and encouragement
- Personalized action steps to put ideas into practice

## Topics will include:

- Nutrition for brain and vascular health
- Movement and mobility for cognitive vitality
- Sleep, stress, and emotional resilience
- Social connection and mental stimulation

## 9 1-hour virtual sessions | \$275

- Includes handouts, resources, and group health coaching



### Course Dates

Oct 14, 21, 28; Nov 4, 11, 18; Dec 2, 9, 16



### Day & Time

Tuesdays, 10 - 11 am Pacific



### Location - Zoom

Link provided upon registration

[bit.ly/PNI-BB-2025](https://bit.ly/PNI-BB-2025)



**SIGN UP**

