

Seasonal Smarts

PACIFIC NEUROSCIENCE INSTITUTE
Brain Wellness & LIFESTYLE

Pacific Brain Wellness & Lifestyle Newsletter | OCTOBER 2025

Spotlight Story

* Seasonal Smarts: 10 Brain-Training Behaviors for Fall



Molly Rapozo, MS, RDN
Registered Dietitian & Senior Brain Health Coach

Fall in Southern California brings cooler mornings, golden sunsets, and a perfect chance to refresh your routine.

Whether you're strolling through the park or cooking with local produce from your local **farmers market**, we've compiled **10 evidence-based activities** that can help keep your **brain** sharp and build habits that support **long-term wellness** – key elements of **brain training**.

From **outdoor activities** that boost your energy to **creative projects** and **seasonal meals** that nourish, each tip offers a simple way to care for both mind and body. Fall is an ideal time to experiment with new routines, lean into what feels good, and build habits that will continue to **support your well-being** long after the season ends.

[READ MORE](#)

Ryan's Recommendations

* A Refresher About the Power of Dual Tasking

Ryan Glatt, MS, MES, NBC-HWC, FitBrain Director & Health Coach



Combining brain and body training is called dual-tasking. Through purposeful, goal-oriented activities and games that involve physical movement, we can train cognitive and physical skills simultaneously.

Refresh your activities with dual-tasking challenges as you try out Molly's recommendations. You can learn more about dual-tasking in the short video above.

Join us for Advanced Memory Training

* Evidence-Based Training for Sharper Recall and Cognition



Join us for **Advanced Memory Training**, a new virtual group designed for older adults experiencing normal aging or mild cognitive impairment. This follow-up to **Vital Minds** (no prior attendance required) introduces all new material using **evidence-based techniques** to **boost memory** and **daily cognitive skills**.

Sessions focus on language, reading comprehension, visual-spatial strategies, number fluency, and name recall.

10 sessions
Thursdays at 11:00 AM PT
Starting January 15th, 2026

[Learn More](#)

* What To Expect From Your Coach | Molly Rapozo, MS, RDN

With expertise in brain health coaching and 20 years of experience in integrative and functional nutrition, Molly serves as a health coach at the Brain Wellness & Lifestyle program at Pacific Neuroscience Institute. She leads group sessions, provides memory training, and educates the community through webinars, podcasts, and print media—experience that directly supports **Advanced Memory Training**, a new virtual course for older adults to strengthen memory and cognitive skills. You can [contact Molly directly here](#) with any questions.

Brain Wellness & LIFESTYLE

PROGRAM

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