

GO GRAY IN MAY 2025



May is **Brain Tumor Awareness Month**—so let's *Go Gray in May* and honor the strength and resilience of those living with a brain tumor. This month, Pacific Neuroscience Institute is shining a light on brain tumor through community events, support groups, educational tools, and a special awareness walk. It's a time to come together, raise awareness, and show support in many meaningful ways.

[LEARN MORE](#)

★ Spotlight Stories | May 2025



What is the MIND diet?

The MIND diet supports brain health and may lower dementia risk.

[Find Out More](#)



Healthy Vision, Sharp Mind

What's the impact of vision on brain health, aging, and everyday living?

[Learn More](#)



Collective Healing: A Symposium on Grief, Resilience & Community

Experts from Saint John's shared ways to cope with loss after events like the recent wildfires. **Moderator:** PNI's Dr. Shanthi Gowrinathan

[Watch Video](#)



Treating the Wide Range of Head & Neck Cancers

HPV can cause difficult mouth & throat cancers. **Dr. Vivian Wu** explains risks, prevention & treatments.

[Apple Podcasts](#) | [Spotify](#) | [Simplecast](#) | [Watch on YouTube](#)

[Listen Now](#)

🧠 Boost Your Brain Power



Precision Brain Health Consultations

[Pacific Brain Health Center](#)

Worried about losing your edge? Our team offers enhanced access to specialized services to optimize your brain health throughout the lifespan. Join us on a journey to optimal brain health. Contact us: 310-582-7609

[Learn More >>](#)



FitBrain Brain Wellness & Lifestyle Program

FitBrain is a unique program that enhances brain health. It combines simultaneous brain and body training, called dual-tasking, using leading-edge technology in our FitBrain Gym. Contact us: 213-344-2037

[Learn More >>](#)

★ Events



Join a Vision Wellness 2-Part Workshop

May 14 & May 21, 2025 | Virtual | 12pm to 1pm

Join this **FREE EVENT** where you will learn:

- The link between eye health and cognitive function
- Current research involving vision and dementia
- The basics of glasses and vision correction
- Common vision conditions in aging eyes – what's normal and what's not
- Lifestyle & diet tips for lifelong vision wellness

Your Coach: Neuro-optometrist, Dr. Michelle Holmes.

[Learn More >>](#)



Raising Stroke Awareness This May

May 1, 17, 23, 2025 | Providence Saint John's Health Center, Santa Monica

This May, join us in raising stroke awareness through events and initiatives at **Providence Saint John's** in Santa Monica.

[Learn More >>](#)



Join us at the 2025 Long Beach Walk4Hearing

Saturday, May 31, 2025

Join us for the 2025 Long Beach **Walk4Hearing** on Saturday, May 31, at Shoreline Park. Walk with the PNI team to support those affected by hearing loss—registration is free.

[Learn More >>](#)



Save the Date: Food, Mood, & Function Webinar

Wednesday, June 4, 2025 | Virtual | 12pm to 1pm

Join us for this **FREE** presentation about dietary impacts on mental health and cognition, taught by **Molly Rapozo, MS, RDN**.

[Learn More >>](#)

Think Neuro. Think PNI.

Santa Monica (310) 582-7640 | South Bay (424) 212-5361 | Burbank (818) 847-6049

Santa Monica - Torrance - Burbank - Mission Hills - Wilshire
Playa Vista - Fullerton - Orange - Mission Viejo

[VIEW OUR LOCATIONS](#)

PNI takes care of patients with a wide range of neurological conditions. Request a visit by calling

(310) 582-7640 or [find a doctor at pacificneuro.org](#).

Accepting new patients for virtual or office consultations.

