

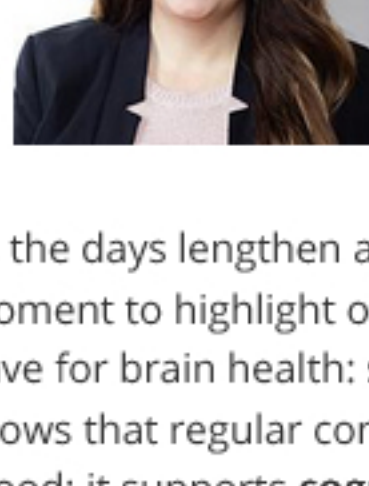
# SPRING INTO Nature

PACIFIC NEUROSCIENCE INSTITUTE  
Brain Wellness & LIFESTYLE

Pacific Brain Wellness & Lifestyle Newsletter | APRIL 2026

## Spotlight Story: Spring Into Nature

### \* How the Outdoors Supports Brain Health & Longevity



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

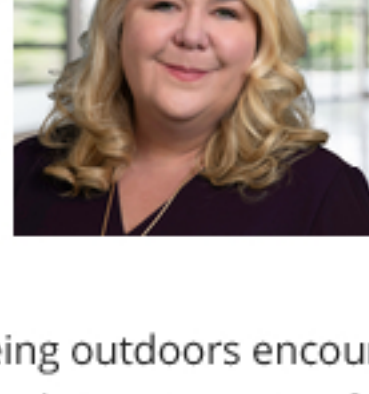
Research shows that **spending time outside** can help greatly with our **brain health**.

As the days lengthen and spring nudges us back outside, it's the perfect moment to highlight one of the most reliable, low-cost, and enjoyable tools we have for brain health: **spending time in nature**. A growing body of research shows that regular contact with **green and blue spaces** doesn't just lift our mood; it supports **cognitive function, reduces stress, and may even lower the risk of neurodegenerative disease**. And the best part? The "dose" required is surprisingly achievable.

[LEARN MORE](#)

## Dr. Miller's Memory Minute

### \* Flexing Your Brain



**Karen Miller, PhD**  
Senior Director, Brain Wellness & Lifestyle Program

As Spring rolls around, the outdoors is a perfect place to flex your brain and learn new things.

Being outdoors encourages **cognitive flexibility** and **novel learning**, both of which are important for vitality as we age.

I recently visited the **Charles White Park** in Altadena which is in the process of being revitalized after the Eaton Fire last year. I **learned** that Charles White Park is **important to the local community** because it is named for a renowned and influential African American **artist, teacher, and community advocate** who lived in Altadena. His artwork depicts famous leaders such as Sojourner Truth and Frederick Douglass, and he was a **prominent educator** at the Otis Art Institute in Los Angeles.

This outing allowed me to get outdoors, dedicate time to novel learning, expand my opportunity to pay attention, memorize new information, and gain knowledge and insight about local leaders. Now I have some great new information to share with my friends.

## Dr. Miller's Memory Challenge

### \* Explore the Outdoors

Try flexing your brain with these challenges:



**Challenge #1:** Visit a couple of new parks or outdoor spaces in your area. Spend a morning or afternoon **exploring**.



**Challenge #2:** Take note of interesting landmarks or features and look them up later. You may **discover** information you never knew.



**Challenge #3:** List three fun, new facts you've **learned** and share them with a friend or family member the next time you get together for a stimulating conversation.

## The Balanced Plate with Molly

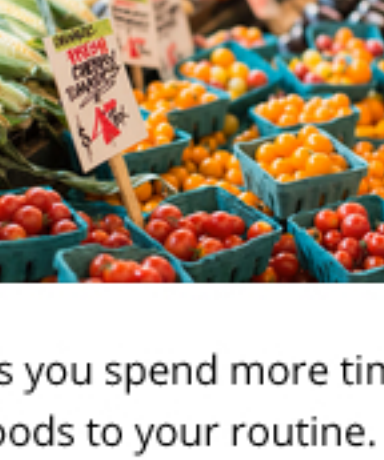
### \* Spring Into Brain Health with Time Outdoors and Seasonal Foods.



Spring is a great time to step outside, enjoy fresh air, and reconnect with nature. Even brief outdoor activity can **lift mood, support focus, and help maintain healthy aging**. Pairing that outdoor time with seasonal foods creates a simple routine that nourishes both body and brain.



Spring farmers markets make it easy to explore what's fresh. This season brings strawberries, leafy greens, asparagus, peas, herbs, and citrus — all **rich in antioxidants and fiber that support memory and steady energy**. Browsing an outdoor market turns grocery shopping into a pleasant, movement-filled outing.



Small local farms and farm stands offer seasonal produce boxes and occasional open-farm days. These visits combine gentle activity, social connection, and nutrient-dense foods, a natural fit for **brain-healthy living**.

As you spend more time outdoors this spring, consider adding a few seasonal foods to your routine. A handful of berries before a walk or a simple salad built around fresh greens can **reinforce the benefits of time in nature** and help you feel your best all season.

## Brain Health Booster

### \* Food, Mood, & Function



**Food, Mood, and Function:**  
Dietary Impacts on Mental Health & Cognition

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

In this **Brain Health Booster** uncover the profound connection between what you eat and how you think and feel in our one-hour webinar, "Food, Mood, and Function." This event delves into the powerful relationship between **dietary choices and their effects on mental health and cognitive function**. Equip yourself with knowledge and practical strategies to enhance your **emotional well-being and brain power** through mindful eating. Additionally, this presentation will incorporate memory training strategies and activities to provide a **whole brain workout** for engaged attendees.

Friday, May 15, 2026  
12:00 PM to 1:00 PM PDT

[REGISTER](#)



**Introducing New Offerings in 2026**  
Brain Wellness & Lifestyle services are now available in **Washington State** with virtual 1:1 health coaching and in-person groups in the Greater Seattle area.

[>> Contact us for more information](#)

## Brain Wellness & LIFESTYLE PROGRAM

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