

## Move, Learn, and Grow

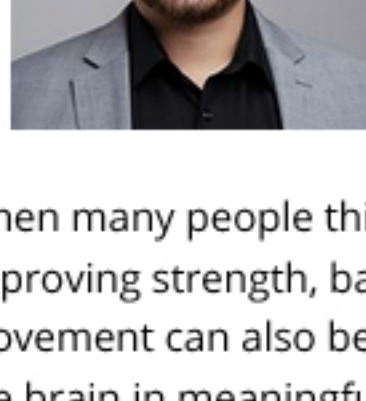
How Learning **New Movements** Support **Brain Health**

PACIFIC NEUROSCIENCE INSTITUTE  
Brain Wellness & LIFESTYLE

Pacific Brain Wellness & Lifestyle Newsletter | MARCH 2026

### Spotlight Story

#### \* Move, Learn, and Grow: Why Learning New Physical Skills Supports Brain Health



Ryan Glatt, MS, CPT, NBC-HWC  
Brain Health Coach | Director, FitBrain Program

Discover how you can keep your brain healthy by learning new skills.

When many people think about exercise, they focus on physical benefits such as improving strength, balance, or heart health. While these are important, movement can also be an **opportunity to learn something new**, stimulating the brain in meaningful ways. Activities that involve learning new skills (rather than repeating the same movements) **engage multiple brain systems at once**. When exercise requires attention, coordination, and decision-making, it supports the brain's ability to adapt and **form new connections** throughout life.

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### Dr. Miller's Memory Minute

#### \* Spring Into Action



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

Take a look at these "Spring Into Action" tips that offer easy and engaging ways to support your brain and body as we enter springtime.

As the weather improves, it's a great time to consider some of these **springtime ideas**.

1. **Take longer walks.** Consider inviting a neighbor or friend. When we talk and walk, we are engaging in a form of dual tasking.
2. **Explore a new park in your extended neighborhood.** Walk the perimeter so you can soak in its entirety. Perhaps enjoy the walking paths, and maybe take a few pictures of the flowers, trees or clouds.
3. **Spring cleaning is actually wonderful exercise.** Consider tackling just two rooms to stay focused. I am tackling the garage and office this spring. This may include: Gathering up documents for a local shredding event. Donating at least 3 boxes of games, books, clothes, holiday decorations, or things I no longer need. Sweeping the floors and doing a deep cleaning.
4. **With flowers getting ready to bloom, try buying a new potted plant or planting a flowering bush.** I added sunflowers to my vegetable garden to bring me an extra slice of joy. Sit outside and read a favorite book or newspaper rather than staying indoors.
5. **Find a few colorful pieces of clothing like shirts or scarves buried in your closet.** Move them to the front, and wear a splash of color this spring. Liven up the visual sensory experience for you and those around you.
6. **Research a new spring salad and make it for friends or family.** I added pomegranate seeds and blackberries to my usual garden salad for friends this past weekend and tried a new tasty vegan dressing.

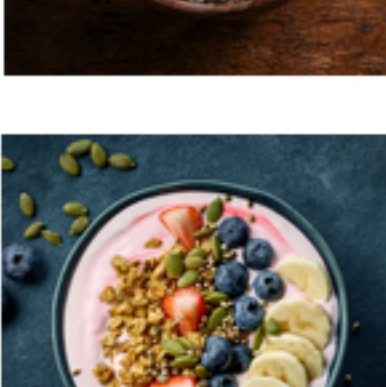
### The Balanced Plate with Molly

#### \* Wonderfully Versatile Hemp Hearts

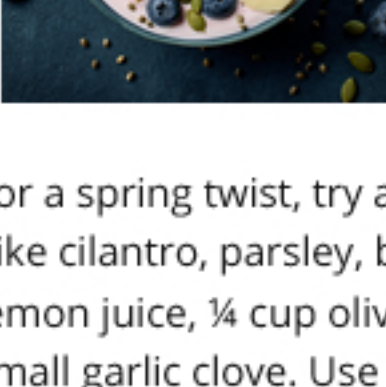


Molly Rapozo, MS, RDN  
Registered Dietitian & Senior Brain Health Coach

Hemp hearts are one of those ingredients you may have picked up with good intentions—only to find them months later in the back of the cabinet. The good news is they're incredibly easy to use once you know how, and they pack impressive nutrition into a small spoonful.



A 3-tablespoon serving provides about 10 grams of protein, along with heart-healthy fats and a bit of fiber. Their mild, nutty flavor makes them an easy way to boost meals without changing the taste.



They're also wonderfully versatile: sprinkle them on oatmeal or yogurt, blend them into smoothies, or use them as a topping for soups, salads, and grain bowls. They add creaminess when blended into dressings or spreads, and a gentle crunch when used as a topping.

For a spring twist, try a fresh herb hemp heart pesto. Blend 2 cups soft herbs (like cilantro, parsley, basil, and/or mint) with ½ cup hemp hearts, 2 tablespoons lemon juice, ¼ cup olive oil, ¼ teaspoon salt, a few grinds of black pepper, and a small garlic clove. Use it as a spread on toast or sandwiches, as a dressing for roasted vegetables or spooned over salmon and chicken for a bright, seasonal finish.

### Brain Training Courses

#### \* Spring Brain Buddies



# BRAIN BUDDIES

Taking Action for Cognitive Health

Brain Buddies is a supportive, **action-focused group** co-hosted by Molly Rapozo, Brain Health Coach, and Bud Williams, Brain Health Enthusiast. Each weekly Zoom session explores a pillar of brain health—**nutrition, movement, sleep, stress, connection, or mental stimulation**—through practical tips, open discussion, and personalized action steps. 12 sessions are held Tuesdays at 10:00 AM PDT 4/14/26 - 6/30/26. Build lasting habits in a welcoming space designed to **keep your brain sharp** and your lifestyle vibrant.

12 Sessions  
Tuesdays at 10:00 AM PDT  
Starting April 14, 2026

[LEARN MORE](#)

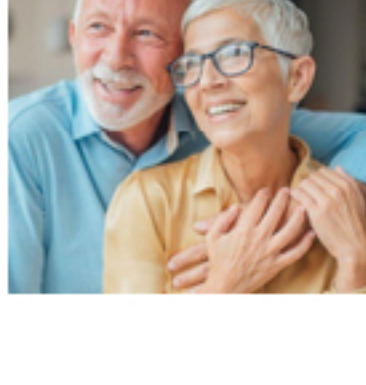
#### \* Advanced Memory Training



Join us for Advanced Memory Training, a **virtual group** designed for **older adults** experiencing normal aging or mild cognitive impairment. This follow-up to Vital Minds (no prior attendance required) introduces 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. Wednesdays at 11am PDT, starting 4/15/26. **Empower your mind** with practical tools that work.

10 Sessions  
Wednesdays at 11:00 AM PDT  
Starting April 15, 2026

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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

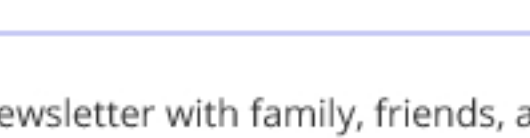
213-344-2037

[PacificLifestyle.org](http://PacificLifestyle.org)

[Lifestyle@pacificneuro.org](mailto:Lifestyle@pacificneuro.org)



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