



From your friends at  
**PACIFIC NEUROSCIENCE INSTITUTE**

We embark into 2026 with a strong sense of optimism and purpose. At Pacific Neuroscience Institute, the year ahead is an opportunity to further advance the way neurological and neurosurgical care is delivered—through innovation, collaboration, and an unwavering commitment to our patients. We are focused on providing access to leading-edge treatments, continuing clinical trials and research, and integrating whole-person care into everything we do.

Our vision remains clear: to shape the future of neuroscience by translating discovery into real-world impact and by providing care that is both technologically advanced and deeply compassionate. Together with our dedicated teams, partners, and supporters, we are committed to caring for patients facing complex neurological conditions.

We wish you a healthy and inspiring New Year.

With appreciation,

[Daniel Kelly, MD](#)

[Chester Griffiths, MD](#)

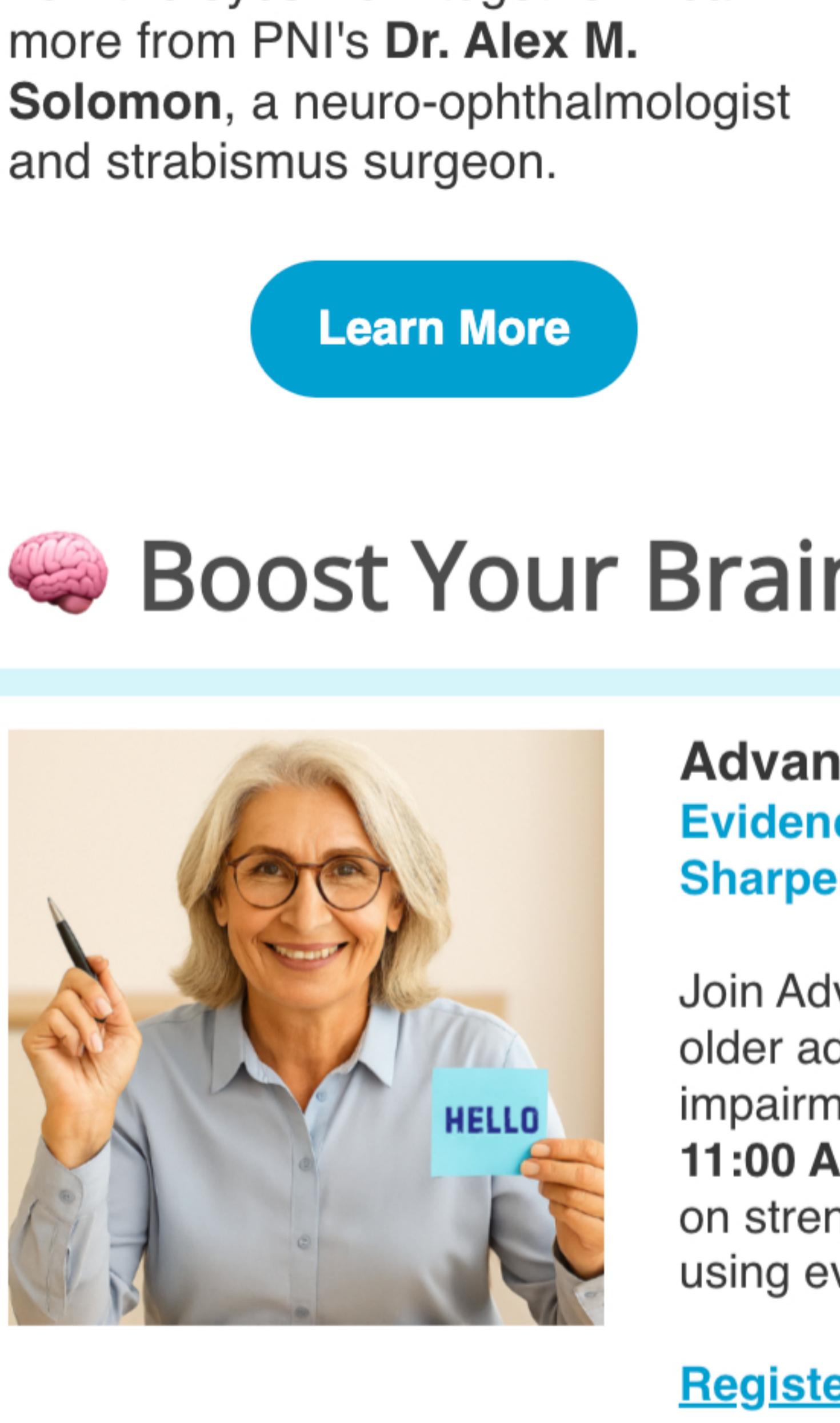
[Howard Krauss, MD](#)

[Garni Barkhoudarian, MD](#)

[Chris Cosgrove, MBA](#)

*Pacific Neuroscience Institute Executive Leadership Team*

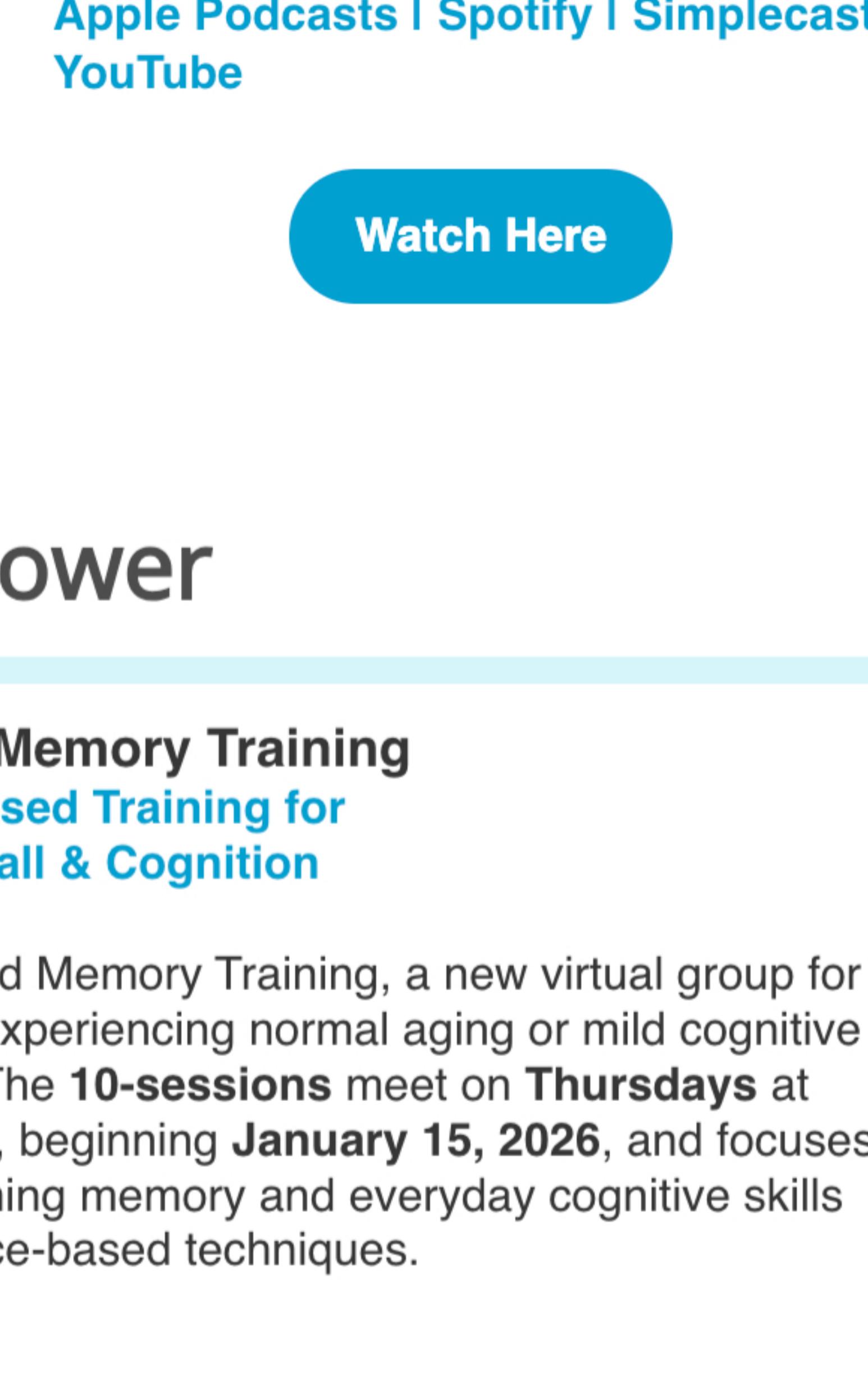
## ★ Spotlight Stories | January 2026



### Approaching Exercise from All Angles

A practical look at how small, balanced exercise changes can support brain health and stay realistic over time.

[Find Out More](#)



### Neurosurgery Observership: Mentorship at PNI

A firsthand reflection on observing neurosurgery, surgical precision, teamwork, and patient-centered care.

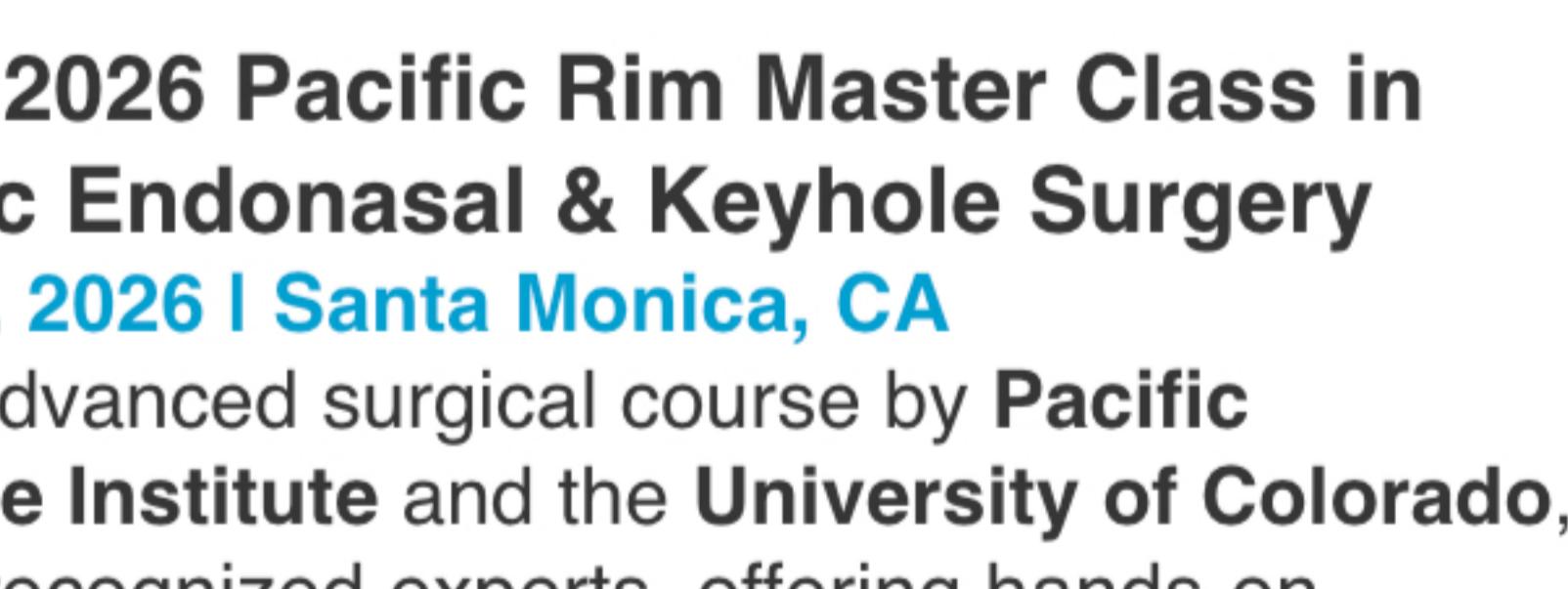
[Read Full Story](#)



### Treating Strabismus (Crossed Eyes)

Strabismus affects eye alignment and how the eyes work together. Learn more from PNI's **Dr. Alex M. Solomon**, a neuro-ophthalmologist and strabismus surgeon.

[Learn More](#)

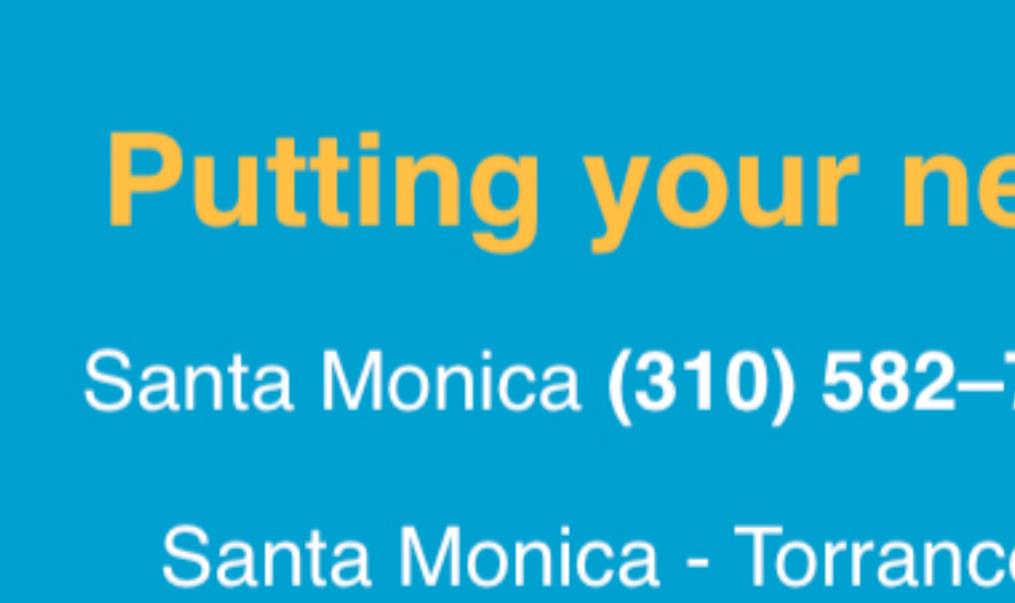


### Effects of Cancer on the Mind

Psycho-oncologist, **Dr. Shanthi Gowrinathan** discusses the mental and emotional impact of cancer.

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

[Watch Here](#)

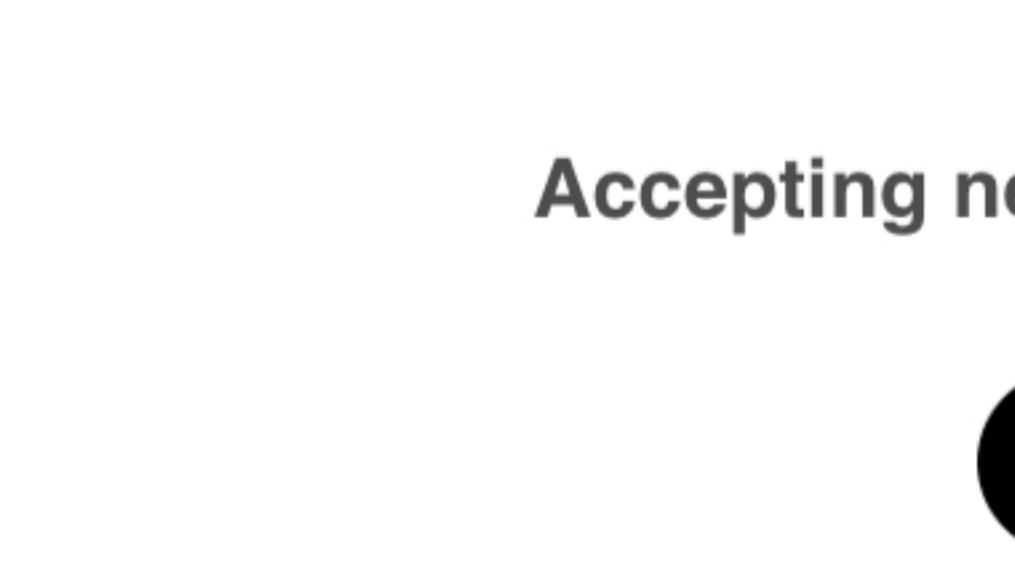


### Advanced Memory Training

#### Evidence-Based Training for Sharper Recall & Cognition

Join Advanced Memory Training, a new virtual group for older adults experiencing normal aging or mild cognitive impairment. The **10 sessions** meet on **Thursdays** at **11:00 AM PT**, beginning **January 15, 2026**, and focuses on strengthening memory and daily cognitive skills using evidence-based techniques.

[Register >>](#)



### Facial Nerve Symposium 2026

**2200 Santa Monica Blvd, Santa Monica, CA 90404**

Join us on **February 21–22, 2026**, for the **2026 Facial Nerve Symposium**, where experts will share the latest advances in facial nerve research and treatment. The course is led by director **Dr. Amit Kochar**.

[Register >>](#)

### Attn. MDs: 2026 Pacific Rim Master Class in Endoscopic Endonasal & Keyhole Surgery

**March 27-29, 2026 | Santa Monica, CA**

A three-day advanced surgical course by **Pacific Neuroscience Institute** and the **University of Colorado**, led by world-recognized experts, offering hands-on training in endonasal and transcranial keyhole techniques through lectures, cadaveric labs, and live surgery. PNI course director: **Dr. Garni Barkhoudarian**

[Learn More >>](#)

**Putting your neuro care in the most capable hands.**

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

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

[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 appointments.

