



## 6 WAYS TO IMPROVE BRAIN HEALTH AND STAVE OFF ALZHEIMER'S DISEASE



connections in the brain can adjust and grow to meet new situations in your environment and this is called experience-dependent plasticity. So what we do affects the structure of our brain.

The ability to maintain brain health throughout your life should be of the utmost importance in pursuing health and longevity.

The brain is remarkably plastic (neuroplasticity) giving it the ability to change and improve throughout your lifetime. Neural

In a new video, **Dr. Sarah McEwen**, Cognitive Psychologist and Senior Research Scientist at the Pacific Brain Tumor Center, talks about six key lifestyle changes that you can incorporate into your life which can greatly reduce the risk of developing these devastating diseases.

[Watch Now](#)

## EVENT: SPINE LECTURE



Suffering from neck or back pain? Don't let it affect your quality of life and learn how to find relief at a free live virtual lecture and Q&A.

Director of Neuro-spine Surgery and restorative neurosurgeon, PNI's **Dr. Jean-Philippe Langevin** is a featured speaker.

**Tuesday, March 16 | 5:30 - 6:30pm**

Register at [Providence.org/SouthBayLectures](https://Providence.org/SouthBayLectures) or 888-HEALING (432-5464)

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## PNI RESOURCES AT YOUR FINGERTIPS



### VIDEO LIBRARY

With over a hundred videos, you can learn about our doctors, programs, conditions we treat, and even how to perform surgical procedures!

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### CARE TEAMS

Expertise, collaboration, and innovation is essential in providing the best possible care today while advancing novel treatments for tomorrow.

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### SUPPORT GROUPS

A major mission of the Pacific Neuroscience Institute is to provide education, support, and empowerment for those dealing with neurological challenges.

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### CENTERS OF EXCELLENCE

The **Pacific Neuroscience Institute** proudly houses 10 specialized neuro centers with expertise that spans the clinical neuroscience landscape.

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### BLOG

Check out our blog for informative insights on brain acuity, staying healthy during troublesome times, & more!

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### PODCASTS

Tune in for weekly Podcast Minis as well as cool in-depth conversations about the brain each month.

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