

HAPPY HOLIDAYS



PACIFIC
NEUROSCIENCE
INSTITUTE®

Memory Training & Lifestyle Program

Discover the Vital Minds Program!

Lifestyle choices to help prevent cognitive changes and/or stabilize cognitive loss due to Mild Cognitive Impairment (MCI)

[Enroll Now](#)

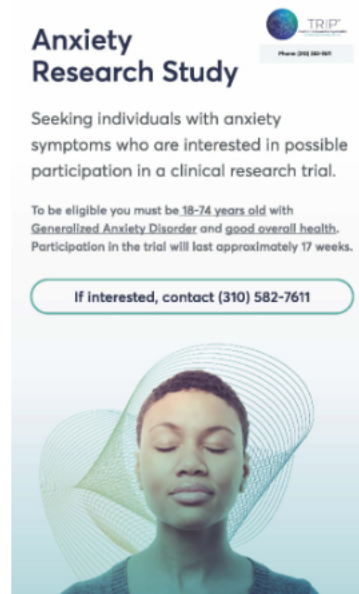
Join PNI's New Vital Minds Program!

Set yourself up for a great new year. Discover PNI's Vital Minds program. This interactive class teaches important memory training strategies and reviews critical lifestyle choices to help prevent cognitive changes and/or stabilize cognitive loss due to Mild Cognitive Impairment.

Limited seats are available. Reserve your spot today.

[Learn More](#)

Now Enrolling: Research & Clinical Trials



[Anxiety Research Study](#)

[PacificTrip.org](#)

Seeking individuals with anxiety symptoms who are interested in possible participation in a clinical trial.

To be eligible, you must be 18-74 years old with Generalized Anxiety Disorder and good overall health. Participation in the trial will last approximately 17 weeks.

If interested, contact (310) 582-7611.

PNI Stories



SUPERDOCTORS®
SOUTHERN CALIFORNIA 2023

PNI Physicians Receive Super Doctor Awards 2023

A total of 30 PNI doctors, that's 3 out of 4 PNI Medical Group physicians and PNI affiliated physicians, received a Super Doctor or Rising Star award. Congratulations!

[Learn More](#)



6 Brain Health Tips to Conquer Travel Anxiety

Are you traveling this holiday season? Discover why your brain prefers to stay home, and how to overcome your traveling fears with expert tips from PNI's Lifestyle Program.

[Read More](#)



Grateful Patient: Ashley's Brain Tumor Treatment

When Ashley had a seizure 5 years ago on New Year's Eve, an MRI revealed a glioma. Be inspired by her courageous story of recovery with aid from expert neuro-oncologist **Naveed Wagle, MD**, at PNI-South Bay in Torrance.

[Watch Now](#)



Treating the Wonder that is the Voice Box | Dr. Omid Mehdizadeh

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

[Listen to Podcast](#)

More things to explore below!

News & Events



Register today! Monthly Brain Tumor Support Groups Starts December

We invite you to join a new virtual support group for patients and their loved ones who have been affected by brain tumors. The groups are facilitated by experienced Pacific Neuroscience Institute and Providence Saint John's Health Center leaders who provide care for people with brain tumors.

[LEARN MORE >>](#)



Virtual Brain Health Optimization Course Begins January 2023

Discover 6 key lifestyle behaviors to support quality longevity by optimizing brain health. Our new virtual Brain Health Optimization course will be offered by Registered Dietician and Brain Health Coach **Molly Rapozo, MS, RDN, CD**. Sign up now to reserve your spot. Multiple courses are offered throughout the year. **Learn more: (213) 344-2037.**



Think Neuro. Think PNI.

PNI-Santa Monica (310) 582-7640 | PNI-South Bay (424) 212-5361

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

[VIEW OUR LOCATIONS](#)

PNI has over **35 physicians** taking care of patients with a wide range of neurological conditions in Santa Monica and Torrance. Request an in-person or virtual video online visit by calling (310) 582-7640 or find a doctor at [pacificneuro.org](#).

Accepting new patients for virtual or office consultations.



© 2022 Pacific Neuroscience Institute®. Pacific Neuroscience Institute® and PNI® are service marks of Pacific Neuroscience Institute, LLC. All Rights Reserved.

Pacific Neuroscience Institute | 2125 Arizona Ave, Santa Monica, CA 90404