

Clear Minds

PACIFIC
NEUROSCIENCE
INSTITUTE®
Brain Wellness &
LIFESTYLE

Mental Wellbeing & Memory Workshops

Funded by LACDMH & Led by the Brain Wellness & Lifestyle Team

Join this free workshop series and learn evidence-based approaches to improving mental wellbeing, brain health & memory!

* Free Registration at:
clearminds.eventbrite.com

Attend **any** or **all** of our **virtual** and **in-person** workshops!
The 4 workshop topics include:

1. Stress management & sleep
2. Exercise & nutrition tips
3. Socialization & cognitive stimulation
4. Mental health & cognition across the lifespan



Virtual on Zoom

Wednesdays: May 8, 15, 22 & 29

Time: 11am - 12:30pm

Location: Online

Led by Molly Rapozo, MS, RDN, CD



In-Person

Thursdays: May 9, 16, 23 & 30

Time: 10am - 12pm

Location: Santa Monica Family YMCA

Led by Dr. Shannel Elhelou, PsyD



Register for your
free workshops



clearminds.eventbrite.com

Learn more: 213-344-2037 or Lifestyle@pacificneuro.org

Register: clearminds.eventbrite.com

