

MOBILITY AT MEALTIMES

When it comes to caregiving for older adults with conditions that impact mobility, mealtime can be particularly challenging. However, there are several strategies that can ease this process and enhance safety, comfort and independence for the individual needing care, as well as their caregivers. Mihae Kim AGNP-BC, Gerontology Nurse Practitioner explains.

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★ Spotlight Stories | April 2025



More Than Baby Blues?

If you or someone you know has postpartum depression, PNI is here.

[Find Out More](#)



Staying Active in Spring

FitBrain director Ryan Glatt provides actionable insights for success.

[Learn More](#)



Meet Dr. Ashkan Mowla

Ashkan Mowla, MD FAHA FAAN, is a neuro-interventional surgeon. He treats stroke and neurovascular diseases specializing in minimally invasive endovascular procedures. Welcome Dr. Mowla!

[Meet Dr. Mowla](#)



Psychedelic-Assisted Care

Dr. Keith Heinzerling discusses the ins and outs of psychedelic treatment and clinical trials at PNI.

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

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🧠 Boost Your Brain Power



Precision Brain Health Consultations

[Pacific Brain Health Center](#)

Worried about losing your edge? Our team offers enhanced access to specialized services to optimize your brain health throughout the lifespan. Join us on a journey to optimal brain health. **Contact us: 310-582-7609**

[Learn More >>](#)



Parkinson's Disease (PD) Cognitive Group

Mondays, 10am - 11am | Virtual | Ongoing

April is Parkinson's Disease Awareness Month. In 4 sessions, PD patients can practice cognitive skills focused on executive functioning, attention, visuospatial abilities, and memory. Key areas: sleep, nutrition, and physical activity. Your coach: Molly Rapozo MS RDN

[Learn More >>](#)

★ Events



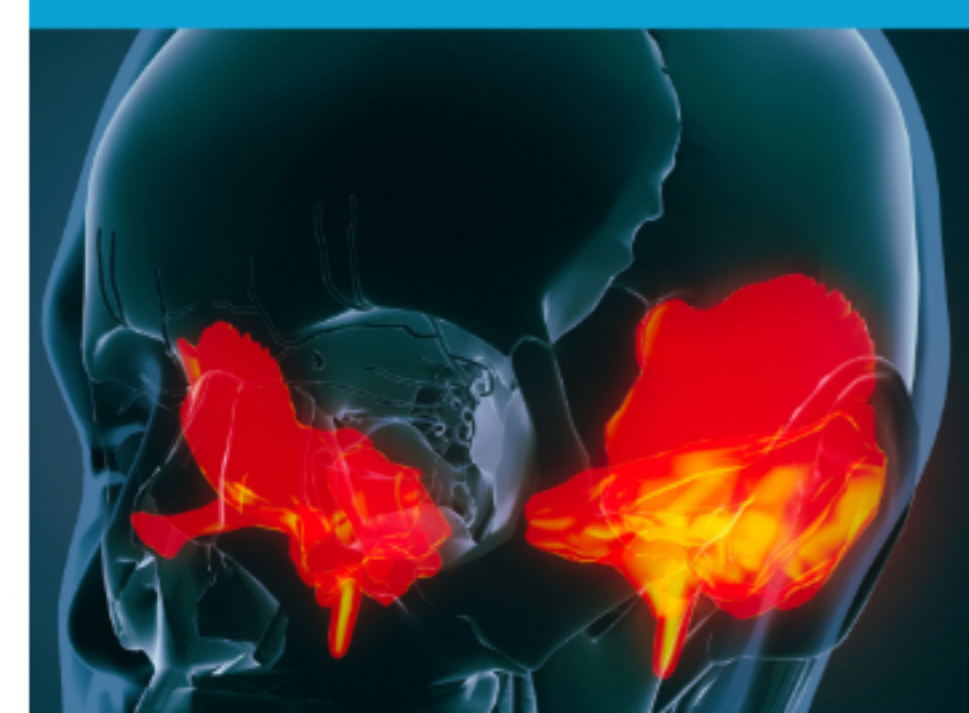
Facial Nerve Webinar

Thursday, April 4 | 1pm - 2pm PST | Virtual | Free

Join facial nerve disorders program director Dr. Amit Kochhar, and guest expert Dr. Shiyin F. Yang from Vanderbilt University as they discuss the **impact of facial palsy on mental health.**

Free virtual event via Zoom.

[Join >>](#)



Attn MDs: 2025 Temporal Bone Course

Fri-Sun, April 11-13 | Saint John's Cancer Institute

Discover in-depth and practical knowledge in this co-hosted course led by PNI neurotology director Courtney Voelker MD PhD, and Richard Wagner MD, CEO of Global ENT Outreach (GEO). Additional PNI course directors: Chester Griffiths MD FACS & Dr. Garni Barkhoudarian MD FAANS. **Highlights: Didactics & dissection. Expert faculty. Highlights participation and collaboration.** info@geoutreach.org

[Learn More & Register >>](#)



Walk MS Event in Conejo Valley

Saturday, April 12 | Kick-off 9:45am | Walk 10am

Experience the Power of the MS Movement. Centered around the theme of Circles of Support, the Walk MS experience emphasizes the people and organizations that help improve a person's life with MS. Sponsored in part by Pacific Neuroscience Institute. **Join your local walk.**

[Learn More >>](#)



Free Event: The Science of Happiness

Friday, April 25 | Virtual | 12pm to 1pm

Join this FREE EVENT to Enhance Everyday Joy!

- Learn strategies for joy and happiness.
- Discover how to practice and experience deeper fulfillment in the simple things.
- Explore how the neuroscience of happiness relates to lifestyle and promotes longevity.

Your coach: Dr. Shannel Elhelou PsyD. [Learn More >>](#)

Think Neuro. Think PNI.

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Santa Monica - Torrance - Burbank - Mission Hills - Wilshire
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[VIEW OUR LOCATIONS](#)

PNI has **38 physicians** taking care of patients with a wide range of neurological conditions. Request an in-person or virtual video online visit by calling (310) 582-7640 or [find a doctor at pacificneuro.org](https://www.pacificneuro.org).

Accepting new patients for virtual or office consultations.

