



PACIFIC
NEUROSCIENCE
INSTITUTE®
LIFESTYLE

100%
FREE

Mediterranean Diet **Brain Health Booster**

A healthy brain for brighter days. Register for a FREE presentation!

YOU WILL LEARN

- ✓ Benefits of a Mediterranean diet
- ✓ Nutrition for enhanced longevity
- ✓ Daily habits for a healthy mind
- ✓ Key memory training techniques
- ✓ PLUS free diet resources

April 19, 2023

11:00am-12:30pm

Virtual (Zoom)



Register on
Eventbrite



SIGN UP: Lifestyle@pacificneuro.org | 213-344-2037