

Path to Positive Aging Series

When:

Thursday, September 17, 2026
3:00–4:00pm

Locations:

Zoom Online Webinar

RSVP:

Register Online or call 805.497.0189
www.seniorconcerns.org/seminars

Seminar is Free of Charge
Donations Accepted

Seminar Topics

- ✦ Explore how different nutrients and dietary patterns influence brain function and emotional stability.
- ✦ Discover foods that can help improve mood, reduce anxiety, and combat depression.
- ✦ Understand the negative effects of processed foods, refined sugars, and unhealthy fats on mental health and cognitive performance and learn strategies to reduce their consumption.
- ✦ Learn techniques to boost memory in real life situations.

REGISTER ONLINE:
SENIORCONCERNS.ORG/SEMINARS



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BRAIN HEALTH BOOSTER: Food, Mood, & Function



Presented By: Molly Rapozo, MS, RDN Senior Nutrition & Health Educator

Molly Rapozo, MS, RDN, is a seasoned Registered Dietitian Nutritionist with a master's degree and internship from Bastyr University, a leader in science-based natural medicine. With two decades of experience in integrative and functional nutrition, Molly currently serves as a health coach for research participants and private clients at the Brain Wellness and Lifestyle program at the Pacific Neuroscience Institute®.

Molly's expertise in whole foods nutrition, counseling, and research enables her to guide clients in making impactful lifestyle changes. An enthusiastic meal planner and cook, she supports clients with various dietary needs, including Mediterranean/MIND, ketogenic/low carb, vegan/vegetarian, and low FODMAP/low fiber diets.

As the Senior Nutrition & Health Educator at the Brain Wellness & Lifestyle program, Molly leads group sessions, provides memory training, and educates the community through webinars, podcasts, and print media. Prior to joining PNI, she worked at a biotech start-up, leveraging genetics, blood analytes, gut microbiome, and digital self-measurements to help individuals achieve their health goals. Using data and behavioral science, Molly crafted personalized recommendations to optimize wellness and prevent disease.