

# Rotary



Club of North Ryde

**Meets Dunmore Lang College**

**Herring Rd, North Ryde**

**1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Friday of each month**

**7:15 am for 7:30 am.**

Meeting finishes at 8:30 am

**2017 North Ryde Fun Run**  
**(Dress up if you wish – prizes)**

**Sunday 27 August 2017**

Macquarie University Sports Grounds  
**9.00 am till 2:00 pm**

2k walk and 5k walk and run

Corporate, student and public entries  
**Adults \$20, Students and children \$10**

Proceeds fund research into youth mental health and treatment programs and other Rotary projects  
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For more information and to register:  
[northrydefunrun.com.au](http://northrydefunrun.com.au)

Or contact Victoria Crawford on  
0407 272 495

or  
email: [northryderotary@gmail.com](mailto:northryderotary@gmail.com)

As a precursor to the Fun Run **Macquarie University Centre for Emotional Health** is conducting two community information evenings. The first of these is on **Wednesday 26 July 2017** about **Social Anxiety in Youth**. In this information session, Dr Ronald Rapee will discuss:

- Ways to identify social anxiety in young people
- How social anxiety can affect children
- Tps to manage social anxiety in youth
- Available treatment options for children offered through the Centre for Emotional Health Clinic

The session commences at **6:00 pm** at the Australian Hearing Hub, Level 1 lecture Theatre, 16 University Avenue Macquarie University. To register use the following link: <http://bit.ly/socialanxiety2017>

The second information evening will be held on **Thursday 3 August 2017** about **Overcoming Procrastination in Adolescence**. In this seminar Dr Caroluyn Schnlering will discuss:

- the factors which make youth vulnerable to procrastination,
- practical strategies to manage procrastination in this age group for both parents and teenagers, and
- available treatment options for adolescents through the Centre for Emotional Health.

Venue details and times as above. To register use the following link: <http://bit.ly/procrastination2017>