

## Rotary and University of the Sunshine Coast Community Fund

Advancing tertiary education opportunities through a partnership between  
the combined Rotary Clubs of the Sunshine Coast and the University of the Sunshine Coast

Annual Joint Meeting of all Sunshine Coast Rotary Clubs

**Wednesday 10<sup>th</sup> May 2023**



As a school guidance counsellor, Kassie Bromley is used to shaping young minds. Now as a PHD candidate at UniSC's Thompson Institute she's back in schools – this time shaping brains – with a new pilot Program.

The Brain Changer workshops focus on teaching teenagers how five modifiable lifestyle factors – nutrition, sleep, exercise, mindfulness and social connectedness – can physically shape their brains and improve mental health.

“Often we work with reactive approaches to treating mental health disorders. But if we can implement proactive measures, we can safeguard adolescent brains and

hopefully intervene before mental health difficulties emerge,” she said.

The Brain Changer workshops use neuroscience about how teenagers make decisions, to help shape the workshops and increase the likelihood of students adopting them. The workshops are also full of engaging neuroscience content which is made relatable for teenagers.

**Where:** Innovation Centre, USC.

Free Car Parking (Map at [www.usc.edu.au](http://www.usc.edu.au))

**Time:** Bar opens 6pm to 7.15pm

**Cost:** \$35pp (Includes 2 course meal)

**Dinner:** Served from 6.15pm

**Meeting** commences **7.15pm sharp**

### Book Online/ Purchase Raffle Tickets

<https://mrcmembers.org/rusccf/>

(Any problems call Ian 0419 796 290)

**RSVP 3<sup>rd</sup> May 2023**



**How to Donate:** Each club is encouraged (but not obliged!) to make a club donation by donating direct to the University of the Sunshine Coast: Account No: 14-786-4575, BSB: 084 004, Acc.Name: University of the Sunshine Coast, **Ref: 061 + Club Name**  
**(Do not use this account to pay for meals)**

### Any Questions:

President – Ian Barnett 0419 796 290 [ian\\_barnett@bigpond.com](mailto:ian_barnett@bigpond.com)

Secretary - Wendy Gilson 0437 747 462 [wendygilson3@bigpond.com](mailto:wendygilson3@bigpond.com)

RUSCCF webpage link: [www.usc.edu.au/RUSCCF](http://www.usc.edu.au/RUSCCF)

### All Sunshine Coast Rotarians, Partners and Friends are welcome!

Your Fund awards three annual scholarships to postgraduate students selected by USC. Each Recipient must have completed his/her undergraduate degree at USC and be enrolled in postgraduate studies at Masters or Doctorate level. Each year's recipients are introduced to Rotary club members at this annual Joint Meeting. Your Fund has awarded over \$180,000 since 2001. Recipients are available to speak at Coast Rotary clubs.

**Guest speaker: Kassie Bromley + Rotary fellowship + Meet your Rotary Scholarship recipients at this unique Sunshine Coast Rotary event!!**