

# Rotary

District 5450

PRESENTS



## Forum For Discussion

ONE HOUR  
DISCUSSIONS ON  
PREVAILING TOPICS

Join us the first Thursday  
of the month 6:30pm - 7:30pm

Register for Free at: [rotary5450.org](http://rotary5450.org)

All Are  
Welcome

Date	Subject	Leader
<b>Apr. 1</b>	How to Control Emotions, Understanding the Brain	Jim Halderman
<b>May 6</b>	Non-Violent Communication	Tom Carlisi
<b>Jun. 3</b>	Ethics & the 4-Way Test	Larry Donnithorne
<b>Jul. 1</b>	Cultivating Constructive Conversations, Two Ways of Talking During Meetings	Tom Baker
<b>Aug. 5</b>	Mindfulness and Reflective Empathetic Action	Cher Cruz & Ron Green