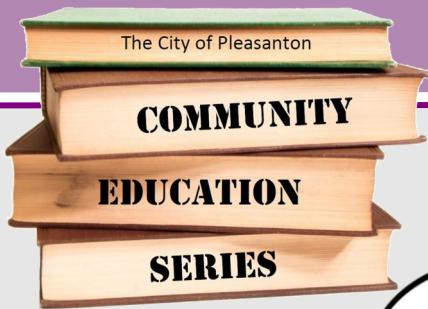


# Stress Less for Success

## STUDENT STRATEGIES FOR MANAGING STRESS



HEAR DIRECTLY FROM PUSD HIGH SCHOOL STUDENTS AS THEY CANDIDLY DISCUSS THE STRESSES THEY FACE IN AND OUT OF THE CLASSROOM.

FEBRUARY 15, 2017

7:00PM TO 8:30PM

PLEASANTON PUBLIC LIBRARY

400 OLD BERNAL ROAD



TEEN WELLNESS EVENT PRESENTED BY:

AMADOR VALLEY HIGH SCHOOL PTSA WELLNESS

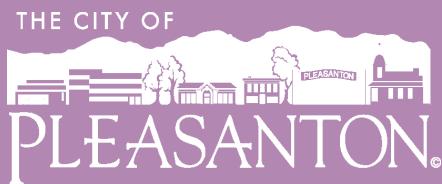
STUDENTS WILL OPENLY HIGHLIGHT THE POSITIVE AND NEGATIVE STRATEGIES THEY USE TO COPE WITH STRESS AND HOW WE AS A COMMUNITY CAN HELP MITIGATE THEM. #STRESSLESS

FREE REGISTRATION

PLEASANTONFUN.COM

COURSE 64334

Pleasanton Unified School District



Pleasanton Council



everychild.onevoice.

FOR MORE INFORMATION: PLEASE CALL 925-931-5359 OR VISIT PTOWNLIFE.ORG