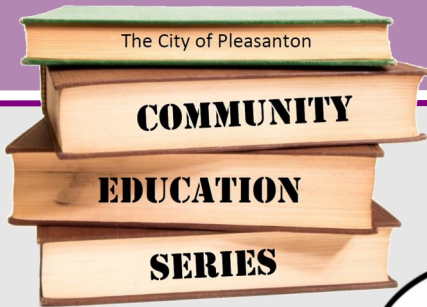


# Stress Less for Success

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

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Pleasanton Unified School District



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