



PRESS RELEASE

FOR IMMEDIATE RELEASE

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STRESS LESS FOR SUCCESS: STUDENTS MANAGING STRESS

Teen Wellness Event with Amador Valley High School

PLEASANTON, Calif. — The City of Pleasanton's free Community Education Series continues with *Stress Less for Success – Student strategies for managing stress* on Wednesday, February 15, 2017 from 7 to 8:30 p.m. at the Pleasanton Public Library, located at 400 Old Bernal Ave.

Pleasanton Unified School District high school students will candidly discuss the stresses they face in and out of the classroom. Students will openly highlight the positive and negative strategies they use to cope with these stresses and how we as a community can help mitigate them.

The event is FREE and registration is recommended. Go to pleasantonfun.com and enter course code #64334.

The Community Education Series is a monthly event that takes place throughout the school year with workshops geared towards adults and students in the community. The Series was developed by the City of Pleasanton, Community Services staff in conjunction with the Pleasanton Youth Commission to meet the goals outlined in the Youth Master Plan (2010).

For more information, please email amcgovern@cityofpleasantonca.gov or call 925.931.5359.

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