



PRESS RELEASE

FOR IMMEDIATE RELEASE

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Pleasanton Offers Free Community Education Series *The Well-Balanced Student Begins September 16, 2015*

Pleasanton, CA—The City of Pleasanton is offering a free Community Education Series, the first of which is “The Well-Balanced Student,” designed to help parents with strategies for their students to cope with academic pressure.

The program will be conducted by Margaret Dunlap, MA, the Schools Program Director of Challenge Success, a research-based organization partnered with the Stanford Graduate School of Education that works with schools and families with the information and strategies needed to create a more balanced and academically fulfilling life for children.

Dunlap will discuss how students today are coping with the academic pressure they face. Parents will also learn ways they can reduce academic stress without sacrificing achievement or engagement in school by using research-based strategies to create healthier home and school environments. In addition, Dunlap will share strategies to increase resilience, creativity, and well-being for both the child and the parent.

The Community Education Series was developed in partnership with the Pleasanton PTA Council and the Community Services staff in conjunction with the Pleasanton Youth Commission to meet the goals of the Youth Master Plan. For more information, please email info@ptownlife.org or call 925.931.5359.

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[About the City of Pleasanton](#)

The City of Pleasanton is a vibrant Northern California community of 70,000 residents situated at the crossroads of Interstates 580 and 680, in close proximity to the San Francisco and San Jose metropolitan areas. The city's location has historical significance as a major trading route of early Native Americans and later along the route of the [First Transcontinental Railroad](#). Pleasanton is a major suburb identified by the U.S. Census as one of the wealthiest middle-sized cities in the nation and, in 2010, was included on Money Magazine's list of the '100 Best Small Cities to Live in America.' Among Pleasanton's many attractions are an excellent school system, a highly educated workforce, 1,200 acres of parkland and recreational open space, a nationally recognized business park, a regional retail shopping mall, and a historic downtown district. For more information, please visit www.cityofpleasantonca.gov.

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