



The  
Well-  
Balanced  
Student

Presented by:  
Margaret Dunlap, Challenge Success

**TUESDAY, JANUARY 15, 2019**  
6:00 to 7:30 PM

**BECKMAN HIGH SCHOOL**  
3588 Bryan Avenue  
Irvine, CA 92602

**LIVE PRESENTATION FOR:**  
TUSD PARENTS

**LEARN RESEARCH-BASED STRATEGIES FOR RAISING HEALTHY TEENAGERS IN TODAY'S FAST-PACED WORLD.**

When we are too focused on grades and performance, we deny our teens the time and energy they need to tackle the demanding work of growing up. In this presentation, you'll learn how you can establish a healthier home environment, reduce academic stress without sacrificing achievement, and increase your teenager's resilience, creativity, and well-being.