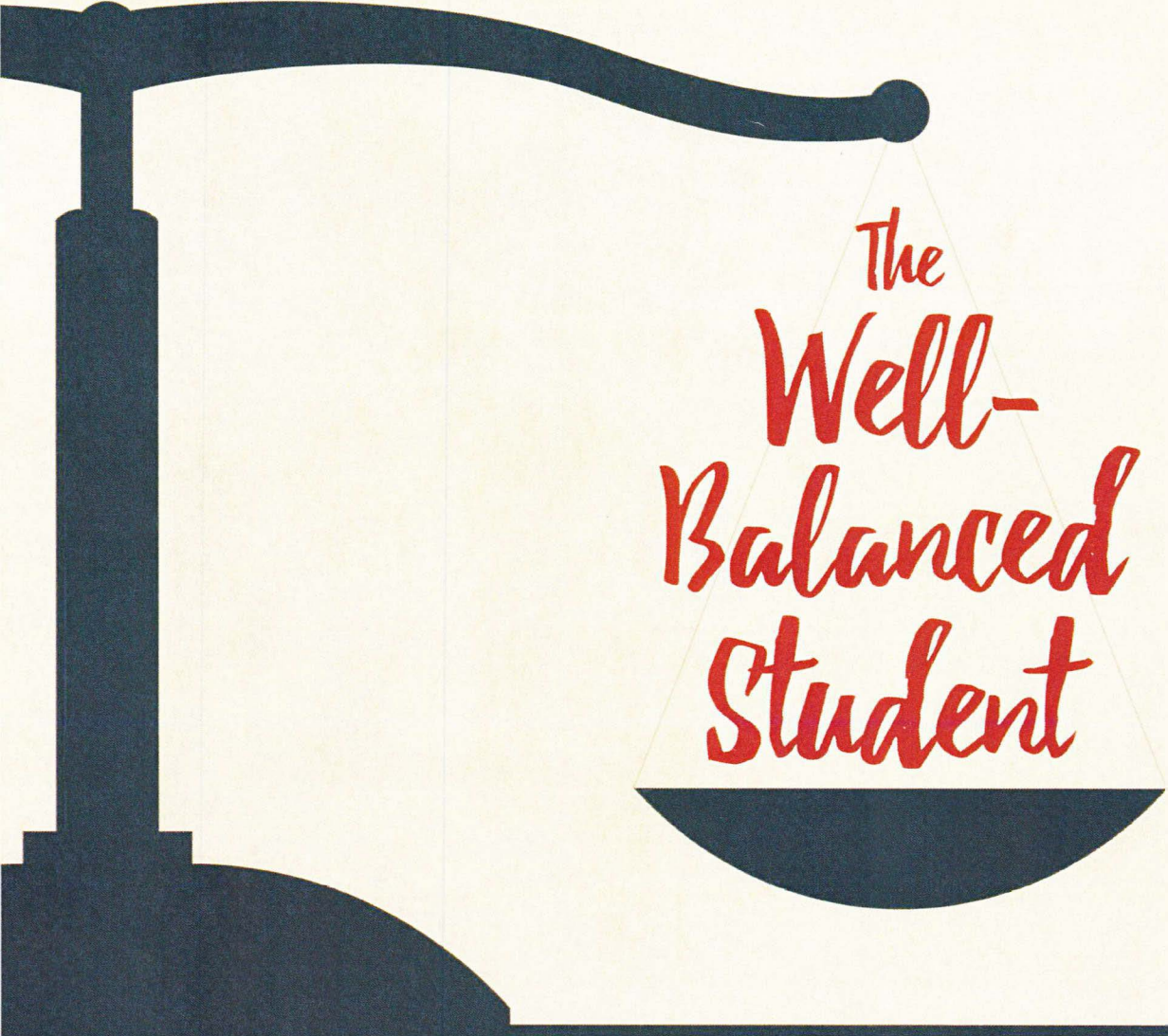


CHALLENGE
SUCCESS presents



The
**Well-
Balanced
Student**

TUESDAY FEBRUARY 26
6:00 to 7:30 PM

NORTHWOOD HIGH SCHOOL
4515 Portola Parkway

A PRESENTATION FOR
Northwood 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.



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