Please Join Us... Estancia PTSA Meeting

Featuring: **Your Teen & Stress: Tips for Parents**

March 20 - 7:00PM  
Estancia High School Choral Room

Presented by: Elizabeth Yanni, M.D. – Hoag Hospital

**Description:** During this informative presentation, Dr. Yanni will provide parents with insight on *teens and how stress can impact their lives*. She will cover many topics including *stress-related issues in today’s society*, ways for parents to *identify stress, dangers of stress and the long-term effects*, and *methods to reduce and combat stress*. She will be available to answer questions and provide her expertise to guide parents.

Our brief PTSA meeting will include the election of our 2014-2015 PTSA Board, WASC update and important dates to remember, campus happenings, and budget & fundraising information.

*Refreshments Provided* *Translation Available* *Everyone is Welcome*