

Special Event

Saturday, March 16th • 11am-12pm

Children's Reading, Activities & Yoga Session

Join Ava Dussault for the FIRST reading of her new book, *Renee Finds Her Inner Strength!* This event is for children, families, and adults! Ava will read the story, teach a mini yoga sequence, conduct growth mindset activities for children, and have a raffle! Attendees can purchase the book with her signature!

Ava Dussault is the author of *Renee Finds Her Calm* and *Renee Finds Her Inner Strength*. She is a first grade special education teacher and she holds a Masters in Social Emotional Learning. Ava is a certified children's yoga and mindfulness teacher. Ava and her mother co-own a children's yoga studio in Worcester called 2MindfulGirls.



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