



Join us for a special book talk and signing with Art and Laraine Bennett and Dr. Lianna Bennett Haider, co-authors of *Anxiety: A Catholic Guide to Freedom from Worry and Fear*.

Discover a faith-filled and practical approach to understanding and overcoming anxiety, rooted in both Catholic spirituality and modern psychology. Don't miss this opportunity to hear the authors share insights, real-life stories, and tools for finding peace in a troubled world. A Q&A and book signing will follow the talk.

DATE

Wednesday, June 11, 2025

EVENT SCHEDULE

6:30 PM – Doors Open & Book Sales Begin

7:00 PM – Author Presentation with Q&A

8:00 PM – Book Signing with Wine & Cheese Reception

8:30 PM – Program Concludes

LOCATION:

St. Ambrose Catholic Church Parish Hall

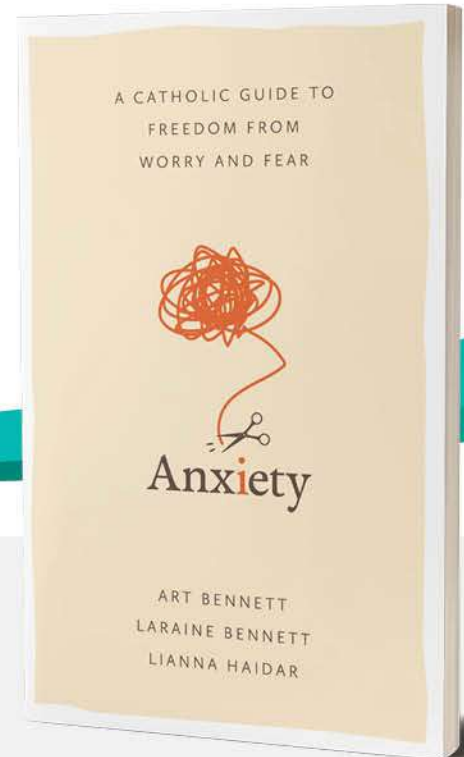
3901 Woodburn Rd Annandale, VA 22003

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THE EVENT IS FREE AND OPEN TO ALL, BUT REGISTRATION IS REQUIRED. PLEASE USE THE QR CODE TO SIGN UP.

Register by May 31st for a chance to win a free copy of **Anxiety: A Catholic Guide to Freedom from Worry and Fear!**



FOR MORE INFORMATION,
PLEASE CALL

301-767-1733

OR VISIT

<https://aoclinic.org>