

# Avery L Dugger

## Education

2021 **Massage Therapy** Caldwell Community College

2007 **AA Psychology** Westmoreland County Community College

## Experience

2021-Present **Owner, Elysium**

- ◆ Opened in July 2021 and have grown to a client list of 300, and counting; organic growth prompted two moves for more space
- ◆ Trained in special modalities such as LomiLomi and RAPID
- ◆ Added a yoga certification in 2024, and opened a studio, offering classes to adults, in July 2024

2013-2019 **Owner, Shady Valley Country Store**

- ◆ Operated the largest tourist destination in Johnson County, TN located on highway 421, The Snake
- ◆ Managed the shift calendar, payroll, and all accounting functions for the business
- ◆ Developed and implemented new designs of merchandise and food items for on-site restaurant

2010-2013 **Health Instructor, Johnson County BoE**

- ◆ Instructed students in 5th-7th grades on sexual health and safety
- ◆ Instructed students in preK on nutrition
- ◆ Developed an afterschool program for boys in 4th-6th grade called BAM (Boys Actively Moving) to help develop a love of physical activity with positive male role models for this crucial age in development

## Certification

TNLMT #0000013701

RYT 200

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