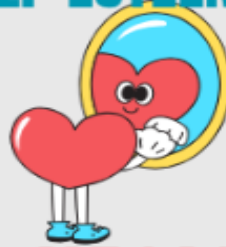




**LRTC**  
**TRAINING CENTER**  
**WWW.LRTCTRaining.ORG**

**WEDNESDAY 4/29/2026**

**BUILD YOUR**  
**SELF-ESTEEM**



**HAVING A HEALTHY SELF-  
PERCEPTION IS CRUCIAL.**

**5PM - 7PM ZOOM MEETING**  
**#847 8941 4262**  
**PASSCODE #767305**