



**#BETTER
THAN
YESTERDAY**
LRJ FOUNDATION

Teresa Ruspi Stann

Co/Founder & Executive Director

Co-Founder/Executive Director of the LRJ Foundation, Teresa Ruspi-Stann born and raised in Pennsylvania and currently resides in Georgia. Graduate of Marywood University, Pennsylvania, with a Bachelors in Nutrition & Dietetics, current grad student at Mercer University attaining her Masters in Leadership with a focus on nonprofit management , a motivational speaker, a mother of three, and in her spare time its an fitness enthusiast and obstacle course racer.

Teresa's vision is to share with you what her unstoppable team strives for each day. A team who's mission is to transform the attitudes, choices, and behaviors of our youth and community though the most important element we were born for, "connection". Which they call their most powerful tool to the puzzle pieces of, suicide prevention.