

Lady LaShanda Talbert

LaShanda Talbert is a woman who is devoted to the service of ministry and a dedicated helpmeet who serves beside her husband, Pastor Marc D. Talbert, at The Life Church in District Heights, Maryland. Lady Shanda, as she is affectionately known, is a native Washingtonian. Together, her and Pastor Talbert, have four beautiful children, Marc Jr., Ragan, Mikalah and Joshua. The Talbert's operating mantra is *"We Live. We Love. We Worship."*

Lady Shanda's call and passion is to minister to young women who are broken, hurt, and challenged in the area of self-esteem. It is her desire to assist them with finding a place of comfort, healing, and deliverance through helping them realize their self-worth, value and their purpose in life. She is called upon by many others seeking counsel and actively mentors many young women.

Not only is she called to ministry, she's also called to the marketplace. She is the owner of FIT4LYFE Studio, LLC located in Fort Washington, Maryland. Every day she challenges and encourages her clients to *"Live Your Fitness Everyday"*. Lady Shanda believes that daily we should make a conscious decision to pursue a healthy lifestyle - spiritually, mentally, and physically.

Lady Shanda has a bachelor's degree in Business Administration and Biblical Studies from Lancaster Bible College. She stands on the notion that our life's journey is cultivated and directed by God when you *"trust in the LORD with all your heart, and lean not on your own understanding, in all your ways acknowledge Him, and He shall direct your paths"*, according to Proverbs 3:5-6.