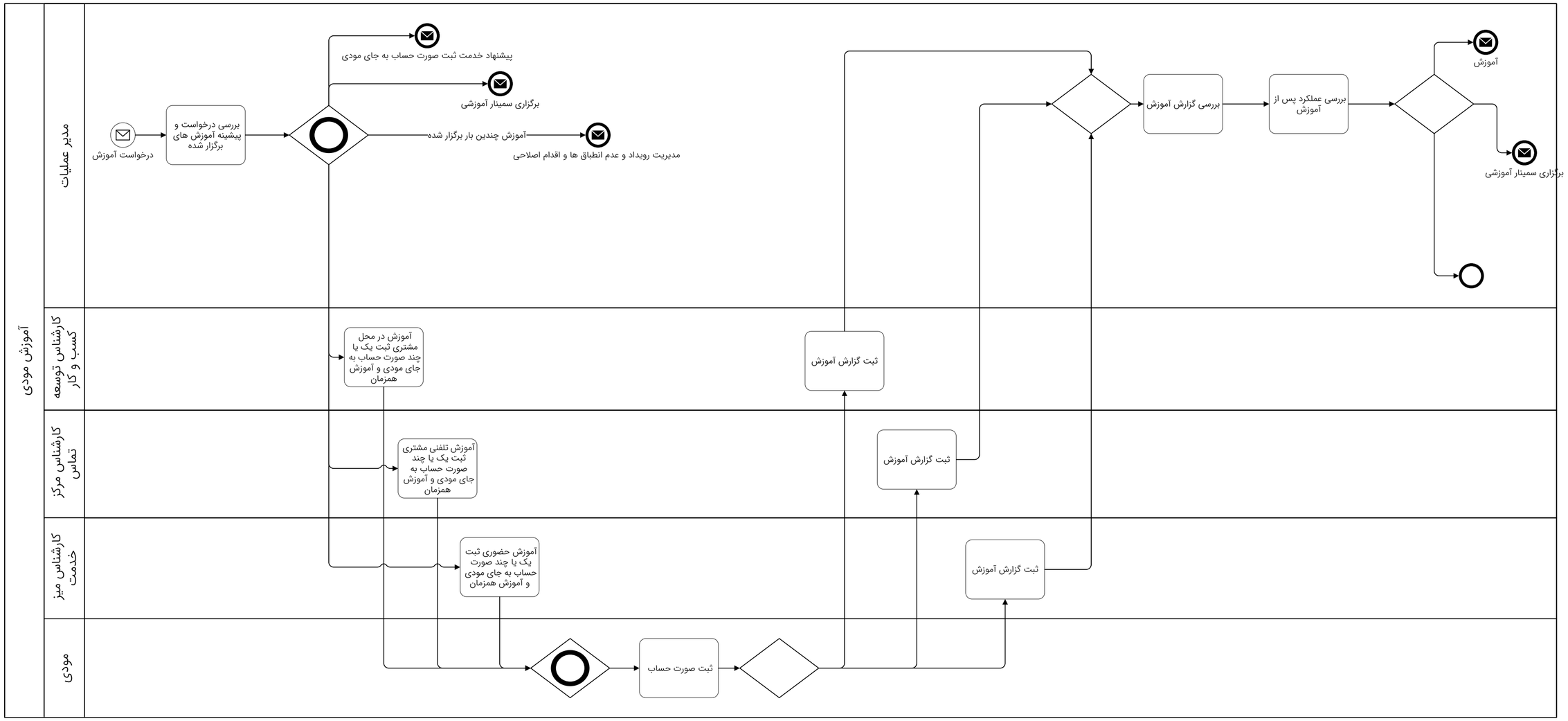آموزش مودی WF-HD-22-00