



• CAREER INSTITUTE •

The Learning Bridge Career Institute

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Happy New Year from The Learning Bridge Career Institute !



My
New

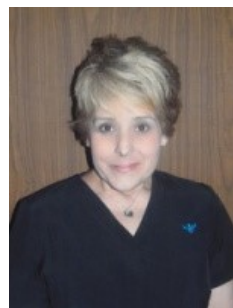
Years resolution is to maintain a positive attitude and strive to be a better Christian, wife, mother grandmother and great-grandmother as possible.

Bertha Monic

In 2016, I plan to spend more time in prayer and live each day to the fullest!!!
Angie Helliun

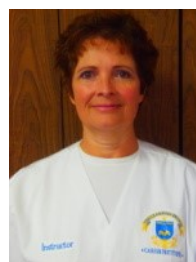
In past years like most people I've made resolutions.

In 2016 I vow to put God in every aspect of my life. God has allowed me to be a Blessing to many. **"For unto whomsoever much is given, of him shall be much required".**
Luke 12:48b



Melissa Theriot

I don't have a resolution. But I will try to live each day, one day at a time. Never expect anything and be willing to work for what I want and need. Because nothing is freely given by anyone.



Yokesha Greene

In 2016, work on a better spiritual me. I want people to see Christ in me and in all that I do.



If I can focus on purely that, then I KNOW all will be well in 2016.



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**SPECIAL
POINTS OF
INTEREST:**

**Learning Bridge
Career Institute**

Apples

Did You Know?

**Message from
The President**

Smoothie

**LBCI Safety
Solutions**

**2016
Highlights**

Bridge Time

VOLUME 2 ISSUE 1

JANUARY 1, 2016

*Happy New Year
from
The Learning Bridge Career Institute*

"No Person Has The Right To Rain On Your Dream "

——Dr. Martin Luther King

DEDICATION

RESPONSIBILITY

EDUICATION

ATTITUDE

MOTIVATION

Did You Know?

How Many
apples will you
eat in 2016?



Apples

Delicious and crunchy, apple fruit is one of the most popular and favorite fruits among the health conscious, fitness lovers who firmly believe in the concept of "health is wealth."

This wonderful fruit is packed with rich phyto-nutrients that, in the true sense, is indispensable for optimal health. Certain antioxidants in apple have several health promoting and disease prevention properties, and thereby, truly justifying the adage,

"an apple a day keeps the doctor away."

New Year Message from the President

January 1st 2016, is a time for new beginnings. Take a moment to reflect on the past year. As we reflect, let us remember to celebrate the blessing of the goodness of God in our lives each and every day. As we embark upon 2016, I thank God for keeping me in His arms of protection while protecting me from all hurt, harm and danger. I pray for you, good health, prosperity and the love of God in your life "God's Grace". For this is my prayer for each of you.

The Learning Bridge Career Institute shall continue to experience God's Grace in 2016. We will move forward into a Year of New Beginnings, New Huddles, and New Accomplishments. May God continue to bless and prosper The Learning Bridge Career Institute, its Associates, Board Members, Staff and Students.

With God's Grace,
The Learning Bridge Career Institute Staff

Healthy Beginnings



Sweet Honeydew and Mint Smoothie

Makes 4 servings, easily made vegan

Ingredients

1/2 honeydew melon,
cut into chunks

1/2 cup light coconut milk

1-2 leaves fresh mint (plus
more for garnish)

1/2-1 tsp. fresh lime juice
(or to taste)

1 cup ice

Blend It

Cut your melon in half, remove the seeds, and slice away the outer rind. Cut the melon into chunks, and add to your blender along with the coconut milk, mint, lime, and ice. Blend until smooth. Taste, and adjust sweetness with honey or coconut nectar. Serve with a garnish of mint, or fresh melon slices.



LBCI Safety Solutions

Should I Take A Daily Aspirin To Help My Heart?

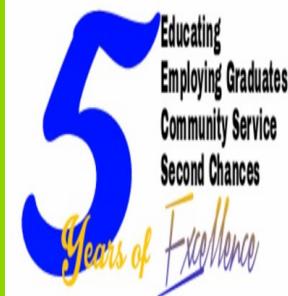
The answer is Yes, for many. In fact, aspirin has the potential to help with more than just your heart. Findings from a recent review in the Annals of Oncology conclude that taking aspirin for a least 10 years

between ages 50 and 65 not only lowers risks of heart attack, stroke, & premature death but also reduces the risk of certain cancers, notably colorectal and esophageal & data suggest a positive effect on breast, lung & prostate cancer risk.

Evidence for cardiovascular protection is best for people who have already had a heart attack or have cardiovascular disease.

—Andrew Weil, MD

LBCI Highlight



**Learning Bridge
Career Institute
Enrolling for
Spring 2016 Programs**

Medical Assisting

Medical Billing &
Coding Specialist

Nursing Assisting

Phlebotomy

**LBCI
Continuing Education**

Career Workplace Job
Readiness

Skills For Success

HiSET (GED) Prep
Class

**For More Information
Call or Visit**

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