**Your February Webinar Invite**

On Thursday, February 13th you are invited to join us for a webinar discussing:

**Matters of the Heart**

Ways to take care of something you use more than 100,000 times a day!

Do you take your car for granted? If you use it to get you to and from important places, like work, you probably do what you can to keep it in good working order.

Do you take your heart for granted? Most of us do, even though it’s the organ that supplies blood and oxygen to our bodies to keep us alive. In this interactive webinar, Michael Harper, Fitness Training Supervisor, Texas Department of Public Safety, will discuss the biggest risk factors for heart disease and explain what you can do to keep your heart healthy.

Just as you decide what kind of gas to put in your car and how to keep it running smoothly, you can make decisions about how you best fuel your body—and your heart. You can also decide to get moving—and Harper will give you tips on how to incorporate physical fitness into your daily routine.

Don’t take your heart for granted. Even small changes, like the ones Harper suggests, can help you keep your heart pumping.

**About the Speaker:**

Mike Harper, M.Ed., is the Fitness Wellness Training Supervisor at the Texas Department of Public Safety (DPS). He oversees a statewide program to improve the health of the workforce through evidence-based training.

Harper holds a master’s degree in Health and Physical Education and spent several years as the Head Strength Coach at Tarleton State University before moving to the Cooper Institute, where created and taught courses related to health and wellness. Harper has presented at regional, state and national conferences and has been published in many peer-reviewed journals.

Registration links:

10 a.m. link: <https://attendee.gotowebinar.com/register/1673137143226110732>

12 p.m. link: <https://attendee.gotowebinar.com/register/8489373662158424588>