



Hello Janice,

February is American Heart Month, and The American Heart Association recommends that adults get 150 minutes of physical activity a week!

In this day and age, it's easy to sit around, especially if your job has you sitting all day. Take a look at this article we found by The American Heart Association in [how to sneak in healthy physical activity during a sedentary work day.](#)

**Donor Highlight:** This Month, we are highlighting a donor who was able to contribute to 5 different projects from Poland to Colorado! These programs were:

- 1. Surgical cervical/lumber spine training
- 2. Surgical shoulder training
- 3. Surgical foot training
- 4. Surgical knee training
- 5. Research regarding proteins in the heart

**ONE** person can *truly* make a difference! Use the hashtags: "#TopicTuesday" "UnitedTissueNetwork" and "#MakeADifferenceToday" to stay connected with our donor highlights!



**News Update:**

Vice President & General Counsel Hal Ezzell had the honor of appearing on Tusla Today to educate the public on whole-body donation. Make sure to visit our press page, by using the button below.



**Upcoming Events:**

Valentine's Day is just around the corner! Take a look at this collection of [easy homemade Valentine's Day Treats](#) people will LOVE! Make sure to snap some pics and share them with us on our [Facebook Page!](#)