


MATTERS OF THE HEART

Determine your equine's resting heart rate – how many BPM?	Sign up for an educational event about equine heart health.	What is the ductus arteriosus?	Who was Lis Hartel and why was she exceptional?	Yield your equine's forequarter a half circle with soft feel
Find a horse with a heart shaped spot.	Assess the completeness of your barn first aid kit (for equines)	Name a thoroughbred with a larger than normal heart.	Oil your saddle.	What is the resting respiration rate of your equine?
Send a valentine day card to a friend or relative.	Submit a Valentine horse photo to the VHC contest	<p>FREE SPACE</p> 	Tell someone about your "heart horse".	What parts of the equine anatomy can pump blood?
Do an activity that brings your heartrate to 100 beats per minute.	Sign up for an equine event that will take you on a 15+ mile journey.	Yield your equine's hind quarters in a quarter circle with soft feel.	Assess the completeness of your barn first aid kit (for humans)	Conduct a random act of kindness.
Sign up for an educational webinar on human heart health	Read a piece of literature about love.	Try to synchronize your breath with your equine's breath.	Make a snow angel.	Walk a mile with your equine.