

## **Matters of the Heart**

**Valentine's Day, celebrated on the 14<sup>th</sup> of this month, is the traditional day on which we make declarations of love to our "sweethearts". Modern valentine symbols include: red roses, doves, the winged figure Cupid and the heart shaped outline. There is some confusion as to the actual history of Valentine's Day. The most accepted is about a priest named Valentine in 3<sup>rd</sup> century Rome. Emperor Claudius II outlawed marriages for his young soldiers thinking their wives took their minds off war. Valentine continued to secretly marry the couples until he was found out and condemned to death. While awaiting execution he fell in love with the jailer's daughter. On the day his sentence was to be carried out, February 14, he wrote a letter to his love and signed it "from your Valentine".**

**How many idioms do you know relating to the heart? See how many you can come up with. Here are a few to get you started: absence makes the heart grow fonder, go with your heart, in a heartbeat.**

**February is also National Heart Health Month. How healthy is your heart? When was the last time you had an ECG/EKG? Have you ever had one? Do you know the risk factors for heart attack? What can you do to minimize those risks? Do you know the signs and symptoms for heart attack? Do you know what to do if you or a loved one is experiencing any of the signs or symptoms? Check out the welcome center for heart health information. If you are interested in learning more, we are offering First Aid/CPR/AED training.**