

Staff Headlines

18th February 2021

National Heart Awareness Month

February is National Heart Awareness Month. Everyone has a heart, and it's important that we understand how to keep it healthy and stay informed about the risks of heart related conditions.

Highlighting ways you can effectively manage these risks factors is one of the major goals of National Heart Awareness Month.

Please take 2 minutes and click [here](#) to watch our Top 10 of Heart Health Tips.

Did you know.... a healthy heart beats around 70 times a minute?

And a woman's average heart beat is faster than a man's heart beat by 8 beats per minute!



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Marking **LGBT+** History Month 2021

To mark LGBT+ history month GLEAM members are participating in online events, including 'Reclaiming the LGBT+ Past through Fiction' event which will take place on Tuesday 23rd February, organised by the LGBT+ History Project Northern Ireland.

If you are interested in attending this event, please register via the link below:

<https://linenhall.com/events/lgbt-history-club-reclaiming-the-lgbt-past-through-fiction/>

We would be delighted to hear from you should you wish to learn more about GLEAM.

For more information please contact EA's Equality and Diversity Team: equality.unit@eani.org.uk


GLEAM
Education Authority