A special note from our friends in HR (who are great supporters of EcoOpportunity), be sure to check out their latest offerings in career development and training by visiting http://hsph.me/1l2

**DID YOU KNOW?**

New research out of the Healthy Building program at the Harvard Center for Health and the Global Environment found that office worker’s cognitive test scores doubled when in a green building with enhanced ventilation compared to when they were in a conventional building environment.

The study, led by Assistant Professor Joe Allen, Professor Jack Spengler, and doctoral student Piers MacNaughton was a double-blind experiment performed in a simulated office environment. The study was also recently featured in a story in the Wall Street Journal and a segment on NPR’s Living on Earth. You can find links to the papers and see pictures and videos of the testing at www.theCogFxStudy.com.

**Countway Community Garden**

Are you interested in joining the Countway Community Garden this year? Come to their first meeting of 2016!

**Tuesday, February 9th, 11am-12pm**
Room 424 in Countway Library.
Snacks will be provided.

They will be discussing a new organizational model in which some of their raised beds will remain communal and some will be available to individuals or groups! These groups can grow (almost) anything they wish in their bed for the year, and will be responsible for watering and tending to their own space.

The Countway Community Garden is located next to Countway Library and is tended by student, faculty and staff volunteers across the Longwood Community. They grow a mixture of vegetables, flowers and herbs in raised beds and pots. They welcome gardeners of all skill levels.

For more information, contact: countwaycommunitygarden@hms.harvard.edu

**A Heart Healthy Valentine’s Day**

Here are some tips for a heart healthy and green Valentine’s day:

i. Give dark chocolate as a gift and, large bars are greener than individually wrapped small pieces
ii. Give a bottle of red wine, a glass a day is good for heart health
iii. Cook a home-made meal that is low in sodium and saturated fat, and is full of heart healthy vegetables
iv. Get outside and go for a romantic walk in the park
v. Forgo the cut flowers and give a house plant instead. Many common houseplants act as an air purifier, removing toxins from the air we breathe

**DON’T MISS THIS!**

**Countway Garden Meeting:** Tuesday February 9th
11am-12pm Room 424 Countway Library

**EcoOp Meeting:** Wednesday February 17th
11am-12pm Minot Room
5th Floor Countway Library