



The Pulse: Heartbeat of a Healthy Houston airs weekly, every Tuesday from 4:30 – 5:00 pm, on KPFT 90.1 FM.

Tune in to 90.1 FM on your radio or listen online live at [KPFT.org/Listen](https://www.kpft.org/listen).

The Pulse tackles issues on health policy and politics that affect us here locally, across Texas and nationally.

This show is produced and hosted by Legacy's Public Affairs and Communications practice. Our hosts are Januari Leo and James Lee. Our executive producer is Kevin Nix.

You can find recordings of our episodes here or on SoundCloud following each show the next day. We encourage you to share them on social media along with your thoughts. Join the discussion online during or after the show by tweeting at [@LegacyActions](https://twitter.com/legacyactions).

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