



Encourage your employees to “Join the Heart Health Movement” on February 14 with a Free Blood Pressure Screening

Love Your Heart is a one-day event when the County of San Diego and community partners join together to provide free blood pressure screenings to their staff and the public at select sites throughout the San Diego region. The goal of Love Your Heart is to encourage San Diegans to “know their numbers” and take charge of their own heart health. Love Your Heart is an effort that started with the County of San Diego and has since grown over the past seven years to include partners in the business, healthcare, education, non-profit and other sectors.

How can you be a part of Love Your Heart?

- Actively promote Love Your Heart and heart healthy tips in your workplace
- Work with your in-house employee wellness program and insurance providers to offer free blood pressure screenings to your employees on February 14
- Contact loveyourheartsd@sdcounty.ca.gov for more information about screening your clients or employees



LIVE WELL
SAN DIEGO

LOVE YOUR HEART



visit LOVEYOURHEARTSD.org to learn more