

Register as a **General Volunteer** for Love Your Heart and “Join the Heart Health Movement”

Love Your Heart is February 14th

Love Your Heart is an annual event in which organizations from across the U.S. and Mexico join together to provide **free blood pressure screenings**. Love Your Heart annually helps tens of thousands of people get to know their blood pressure numbers and take charge of their heart health.

Register to be a General Volunteer

As a General Volunteer, you will be assigned to support a Love Your Heart screening site within San Diego County. Most sites are active between 8am-5pm, though shorter shifts may be assigned. You will be responsible for encouraging individuals at your assigned site to participate in a free blood pressure screening, guiding them through the screening process, and providing heart health information to participants. You will not be responsible for conducting blood pressure screenings as they will be conducted by trained medical volunteers only.

General Volunteers should ideally:

- Be a student of a graduate program in Public Health, Exercise and Nutritional Sciences, or other graduate-level program with a focus on health, or otherwise familiar with medical/health terminology
- Have a background in health promotion and or education
- Be comfortable using a smartphone, tablet, or laptop



Please visit LOVEYOURHEARTSD.org for more information on how to register.
If you have any questions please email: loveyourheartsd@sdcounty.ca.gov.



visit LOVEYOURHEARTSD.org to learn more or register