

Register as a **Medical 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 own heart health.

Register to be a Medical Volunteer

As a Medical Volunteer, you will be assigned to support a Love Your Heart screening site within San Diego County by conducting blood pressure screenings. Most sites are active between 8am-5pm, though shorter shifts may be assigned.

Medical Volunteers should ideally:

- Be a certified medical worker
- Be a nurse, first responder (including firefighters and paramedics), or other credentialed individual who is trained in taking blood pressure readings manually
- Have access to a blood pressure cuff that can be used to perform blood pressure screenings during the event

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



LIVE WELL
SAN DIEGO

LOVE **YOUR** HEART



visit LOVEYOURHEARTSD.org to learn more or register