

LOVE  YOUR HEART

# 2021 Social Media Playbook

## #LoveYourHeart #AmaTuCorazon



January 20, 2021

# Suggested Hashtags

Hashtags should be included in the caption of Twitter and Instagram posts  
Please use **#LoveYourHeart** or **#AmaTuCorazon** within all posts.

## Other Suggested Hashtags:

#LiveWellSD

#GetActive

#lifestyle

#LYHatHome

#ReduceStress

#healthychoices

#LoveYourHeartMonth

#QuitSmoking

#exercise

#KnowYourNumbers

#ReduceAlcohol

#wellness

#bloodpressure

#EatHealthy

#ReduceSodium

#hearthealth

# Week Before Love Your Heart Month

Date	Twitter	Facebook	Instagram	Link(s) / Image
January 25, 2021	February is Love Your Heart Month! Find heart health events and resources at <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> . #LoveYourHeart #AmaTuCorazon	February is Love Your Heart Month! Find heart health events and resources at <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> . #LoveYourHeart #AmaTuCorazon	February is Love Your Heart Month! Find heart health events and resources at <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> . (LINK IN BIO) #LoveYourHeart #AmaTuCorazon	Image: <a href="https://bit.ly/2EmMWAZ">https://bit.ly/2EmMWAZ</a> Link: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a>
January 27, 2021	Don't know if you have high #bloodpressure? Get it checked, as it often has no symptoms. Find screening sites and heart healthy events and resources at <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> . #LoveYourHeart #AmaTuCorazon #KnowYourNumbers	Don't know if you have high #bloodpressure? Get it checked, as it often has no symptoms. Find screening sites and heart healthy events and resources at <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> . #LoveYourHeart #AmaTuCorazon #KnowYourNumbers	Don't know if you have high #bloodpressure? Get it checked, as it often has no symptoms. Find screening sites and heart healthy events and resources at <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> . (Link in Bio) #KnowYourNumbers #LoveYourHeart #AmaTuCorazon	Image: <a href="https://bit.ly/3sl6gyT">https://bit.ly/3sl6gyT</a> Twitter: <a href="https://bit.ly/3nXqWzp">https://bit.ly/3nXqWzp</a> Link: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a>
January 31, 2021	High blood pressure is the most common underlying condition associated with COVID-19 deaths in San Diego. Join us for Love Your Heart Month beginning tomorrow to learn how you can live heart healthy. Visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	High blood pressure is the most common underlying condition associated with COVID-19 deaths in San Diego. Join us for Love Your Heart Month beginning tomorrow to learn how you can live heart healthy. Visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> to learn more #LoveYourHeart #AmaTuCorazon	High blood pressure is the most common underlying condition associated with COVID-19 deaths in San Diego. Join us for Love Your Heart Month beginning tomorrow to learn how you can live heart healthy. Visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> (LINK IN BIO) #LoveYourHeart #AmaTuCorazon	Image: <a href="https://bit.ly/3nZa6jB">https://bit.ly/3nZa6jB</a> Twitter: <a href="https://bit.ly/2KunUF7">https://bit.ly/2KunUF7</a> Link: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a>
February 1, 2021	Submit your blood pressure results for Love Your Heart and receive a FREE face mask and hand sanitizer! Submit your #s and learn what they mean: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	Submit your blood pressure results for Love Your Heart and receive a FREE face mask and hand sanitizer! Submit your numbers and learn what they mean: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	Submit your blood pressure results for Love Your Heart and receive a FREE face mask and hand sanitizer! Submit your numbers and learn what they mean: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> (link in bio) #LoveYourHeart #AmaTuCorazon	Image: <a href="https://bit.ly/3o7kvdi">https://bit.ly/3o7kvdi</a> Link: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a>

# Get Active & Reduce Stress

Date	Twitter	Facebook	Instagram	Link(s) / Image
February 1, 2021	LYH Month Week 1: DYK 30 min of #exercise each day can help reduce #HeartDisease risk. Here are 7 easy ways to #GetActive from @American_Heart: <a href="https://bit.ly/2OltvFX">bit.ly/2OltvFX</a> For more resources, visit: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	LYH Month: Week 1 #GetActive and #ReduceStress. DYK 30 minutes of exercise each day can help reduce risk of heart disease? Check out 7 easy ways to move more from @AmericanHeart: <a href="https://bit.ly/2OltvFX">bit.ly/2OltvFX</a> For more resources, visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	#LoveYourHeartMonth: Week 1 #GetActive and #ReduceStress. DYK 30 minutes of exercise each day can help reduce risk of heart disease. Here are 7 easy ways to move more from @american_heart: <a href="https://bit.ly/2OltvFX">bit.ly/2OltvFX</a> For more resources, visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> (link in bio) #LoveYourHeart #AmaTuCorazon #GetActiveManageStress	Image: <a href="https://bit.ly/2XXArnQ">https://bit.ly/2XXArnQ</a> Twitter: <a href="https://bit.ly/3iv7HfG">https://bit.ly/3iv7HfG</a> Link: <a href="https://bit.ly/39QtMRR">bit.ly/39QtMRR</a> <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a>
February 3, 2021	Chronic stress can lead to elevated blood pressure numbers. Try these 12 simple foods from @dailyharvestexp to help lower your stress & BP numbers naturally: <a href="https://bit.ly/3bFbipT">bit.ly/3bFbipT</a> #LoveYourHeart #AmaTuCorazon #ReduceStress	Chronic stress can lead to elevated blood pressure numbers. Try these 12 simple foods from @DailyHarvestExpress to help lower your stress & BP numbers naturally: <a href="https://bit.ly/3bFbipT">bit.ly/3bFbipT</a> For more resources, visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	Chronic stress can lead to elevated blood pressure numbers. Try these 12 simple foods from @DailyHarvestExpress to help lower your stress & BP numbers naturally: <a href="https://bit.ly/3bFbipT">bit.ly/3bFbipT</a> For more resources, visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	Image: <a href="https://bit.ly/35RISFq">https://bit.ly/35RISFq</a> Twitter: <a href="https://bit.ly/3sHPRdl">https://bit.ly/3sHPRdl</a> Link: <a href="https://bit.ly/3bFbipT">bit.ly/3bFbipT</a> <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a>
February 5, 2021	Ready to #GetActive, but don't know where to start? Take the @PalomarHealth Activity Quiz to set you off on the right foot: <a href="https://bit.ly/2MX4kCe">bit.ly/2MX4kCe</a> #LoveYourHeart #AmaTuCorazon	Ready to #GetActive, but don't know where to start? Take the @PalomarHealth Activity Quiz to set you off on the right foot: <a href="https://bit.ly/2MX4kCe">bit.ly/2MX4kCe</a> For more resources, visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	Ready to #GetActive, but don't know where to start? Take the @PalomarHealth Activity Quiz to set you off on the right foot: <a href="https://bit.ly/2MX4kCe">bit.ly/2MX4kCe</a> For more resources, visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	Image: <a href="https://bit.ly/3o6lB9e">https://bit.ly/3o6lB9e</a> Twitter: <a href="https://bit.ly/2LF8lLC">https://bit.ly/2LF8lLC</a> Link: <a href="https://bit.ly/2MX4kCe">bit.ly/2MX4kCe</a>
February 6, 2021	#DYK that chronic stress can lead to high blood pressure? #ReduceStress with tips from @American_Heart: <a href="https://bit.ly/2LxBBDP">bit.ly/2LxBBDP</a> #LoveYourHeart #AmaTuCorazon	#DYK that chronic stress can lead to high blood pressure? #ReduceStress with tips from @AmericanHeart: <a href="https://bit.ly/2LxBBDP">bit.ly/2LxBBDP</a> For more resources, visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	#DYK that chronic stress can lead to high blood pressure? #ReduceStress with tips from @American_Heart: <a href="https://bit.ly/2LxBBDP">bit.ly/2LxBBDP</a> For more resources, visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	Image: <a href="https://bit.ly/3iufEBR">https://bit.ly/3iufEBR</a> Link: <a href="https://bit.ly/2LxBBDP">https://bit.ly/2LxBBDP</a>


# Know Your Numbers

Date	Twitter	Facebook	Instagram	Link(s) / Image
February 8, 2021	LYH Month Week 2: #KnowYourNumbers. What is high blood pressure, how do you measure it and what do your numbers mean? Learn more with our Quick Guide to Understanding Blood Pressure: <a href="https://bit.ly/LYHEducation">bit.ly/LYHEducation</a> #LoveYourHeart #AmaTuCorazon	LYH Month: Week 2 #KnowYourNumbers. What is high blood pressure, how do you measure it and what do your numbers mean? Learn more with our Quick Guide to Understanding Blood Pressure: <a href="https://bit.ly/LYHEducation">bit.ly/LYHEducation</a>  Submit your results and learn what they mean: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	LYH Month: Week 2 #KnowYourNumbers. What is high blood pressure, how do you measure it and what do your numbers mean? Learn more with our Quick Guide to Understanding Blood Pressure: <a href="https://bit.ly/LYHEducation">bit.ly/LYHEducation</a> (link in bio)  Submit your results and learn what they mean: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> (link in bio) #LoveYourHeart #AmaTuCorazon	Image: <a href="https://bit.ly/2N5JhLe">https://bit.ly/2N5JhLe</a>  Link: <a href="https://bit.ly/LYHEducation">bit.ly/LYHEducation</a> <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a>
February 10, 2021	High blood pressure is the known as the “silent killer” as it often has no symptoms. Check your BP, #KnowYourNumbers to control & prevent heart disease.  Submit your results and learn what they mean: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	High blood pressure is known as a “silent killer” as it often has no symptoms and quietly damages blood vessels leading to serious health problems. Check your BP and #KnowYourNumbers.  Submit your results and learn what they mean: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	High blood pressure is known as a “silent killer” as it often has no symptoms and quietly damages blood vessels leading to serious health problems. Check your BP and #KnowYourNumbers.  Submit your results and learn what they mean: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> (LINK IN BIO) #LoveYourHeart #AmaTuCorazon	Image: <a href="https://bit.ly/2KveUQd">https://bit.ly/2KveUQd</a>  Link: <a href="https://LoveYourHeartSD.org">LoveYourHeartSD.org</a>
February 12, 2021	Have high BP? Use this check list from the @American_Heart to make sure you’re asking your doctor the right questions: <a href="https://bit.ly/2LTHFGu">bit.ly/2LTHFGu</a> #LoveYourHeart #AmaTuCorazon	Have high BP? Use this check list from the @AmericanHeart to make sure you’re asking your doctor the right questions: <a href="https://bit.ly/2LTHFGu">bit.ly/2LTHFGu</a>  Submit your results and learn what they mean: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon #KnowYourNumbers	Have high BP? Use this check list from the @American_Heart to make sure you’re asking your doctor the right questions: <a href="https://bit.ly/2LTHFGu">bit.ly/2LTHFGu</a> (LINK IN BIO)  Submit your results and learn what they mean: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon #KnowYourNumbers	Image: <a href="https://bit.ly/3ist5lz">https://bit.ly/3ist5lz</a> Twitter: <a href="https://bit.ly/3qz7evr">https://bit.ly/3qz7evr</a>  Link: <a href="https://bit.ly/2LTHFGu">https://bit.ly/2LTHFGu</a>
February 14, 2021	Checked your BP this week? Submit your results and receive a FREE face mask, hand sanitizer! Submit your #s and learn what they mean: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon	Checked your #bloodpressure this week? Submit your blood pressure results and receive a FREE face mask and hand sanitizer! Submit your #s and learn what they mean: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon #KnowYourNumbers	Checked your blood pressure this week? Submit your blood pressure results and receive a FREE face mask and hand sanitizer! Submit your #s and learn what they mean: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> (link in bio) #LoveYourHeart #AmaTuCorazon	Image: <a href="https://bit.ly/3o7kvdi">https://bit.ly/3o7kvdi</a> Link: <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a>

# Eat Healthy & Reduce Sodium

Date	Twitter	Facebook	Instagram	Link(s) / Image
February 15, 2021	<p>LYH Month: Week 3 #EatHealthy, #ReduceSodium. Fight heart disease with a healthy and colorful diet! The darker the green or brighter the red a food is, the more nutrient dense &amp; heart healthy: <a href="http://bit.ly/2uJqflb">http://bit.ly/2uJqflb</a></p> <p>#Eatyourfruits&amp;veggies #LoveYourHeart #AmaTuCorazon</p>	<p>LYH Month: Week 3 #EatHealthy, #ReduceSodium. Fight heart disease with a healthy and colorful diet! The darker the green or brighter the red a food is, the more nutrient dense &amp; heart healthy. Learn more: <a href="http://bit.ly/2uJqflb">http://bit.ly/2uJqflb</a></p> <p>#LoveYourHeart #AmaTuCorazon #EatHealthy</p>	<p>LYH Month: Week 3 #EatHealthy, #ReduceSodium. Fight heart disease with a healthy and colorful diet! The darker the green or brighter the red a food is, the more nutrient dense &amp; heart healthy. Learn more: <a href="http://bit.ly/2uJqflb">http://bit.ly/2uJqflb</a> (link in bio)</p> <p>#LoveYourHeart #AmaTuCorazon #EatHealthy #Eatyourfruits&amp;veggies</p>	<p>Image: <a href="https://bit.ly/3p5pr3v">https://bit.ly/3p5pr3v</a></p> <p>Link: <a href="http://bit.ly/2uJqflb">http://bit.ly/2uJqflb</a></p>
February 17, 2021	<p>Most adults eat more sodium than they should, putting them at higher risk for developing heart disease. Processed foods are top contributors to #sodium in a diet. Get the facts on reducing sodium here: <a href="https://bit.ly/3iq61UF">https://bit.ly/3iq61UF</a></p> <p>For more resources, visit <a href="http://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon</p>	<p>Most adults eat more sodium than they should, putting them at higher risk for developing heart disease. But table salt is not the biggest concern for Americans - processed foods such as grains, baked goods, and meats are top contributors to sodium in a diet. Get the facts on sodium here: <a href="https://bit.ly/3iq61UF">https://bit.ly/3iq61UF</a></p> <p>For more resources, visit <a href="http://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon #ReduceSodium</p>	<p>Most adults eat more sodium than they should, putting them at higher risk for developing heart disease. But table salt is not the biggest concern for Americans - processed foods such as grains, baked goods, and meats are top contributors to sodium in a diet. Get the facts on sodium here: <a href="https://bit.ly/3iq61UF">https://bit.ly/3iq61UF</a> (link in bio)</p> <p>For more resources, visit <a href="http://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon #ReduceSodium</p>	<p>Image: <a href="https://bit.ly/3iAsL4b">https://bit.ly/3iAsL4b</a></p> <p>Link: <a href="https://bit.ly/3iq61UF">https://bit.ly/3iq61UF</a></p>
February 19, 2021	<p>Eating healthy doesn't need to be expensive! Follow these steps from @MyPlate to keep your meals healthy and affordable: <a href="http://bit.ly/3oaLLax">bit.ly/3oaLLax</a> #EatHealthy #LoveYourHeart #AmaTuCorazon</p>	<p>Eating healthy doesn't need to be expensive! It only takes 3 steps:</p> <ol style="list-style-type: none"> <li>1. Make a Plan</li> <li>2. Shop Smart</li> <li>3. Prepare Healthy Meals!</li> </ol> <p>To see tips on how to do this yourself, visit @MyPlate: <a href="http://bit.ly/3oaLLax">bit.ly/3oaLLax</a> #EatHealthy #LoveYourHeart #AmaTuCorazon</p>	<p>Eating healthy doesn't need to be expensive! It only takes 3 steps:</p> <ol style="list-style-type: none"> <li>1. Make a Plan</li> <li>2. Shop Smart</li> <li>3. Prepare Healthy Meals!</li> </ol> <p>To see tips on how to do this yourself, visit the link in our bio @MyPlate #EatHealthy #LoveYourHeart #AmaTuCorazon</p>	<p>Image: <a href="https://bit.ly/3sI0UDV">https://bit.ly/3sI0UDV</a></p> <p>Link: <a href="https://bit.ly/2NaXx86">https://bit.ly/2NaXx86</a></p>

# Quit Smoking & Reduce Alcohol

Date	Twitter	Facebook	Instagram	Link(s) / Image
February 22, 2021	<p>LYH Month: Week 4 #QuitSmoking #ReduceAlcohol. Smoking causes one of every 4 deaths from cardiovascular disease. #QuitSmoking today to improve your #hearthealth. @<b>American Lung Association</b> has these tips to help <a href="https://bit.ly/3o6UJpe">bit.ly/3o6UJpe</a> #LoveYourHeart #AmaTuCorazon</p>	<p>LYH Month: Week 4 #QuitSmoking #ReduceAlcohol. Smoking causes one of every 4 deaths from cardiovascular disease. #QuitSmoking today to improve your #hearthealth. @<b>American Lung Association</b> suggests you focus on motivators, build confidence, and don't quit alone! For more tips: <a href="https://bit.ly/3o6UJpe">bit.ly/3o6UJpe</a></p> <p>For more resources, visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon</p>	<p>LYH Month: Week 4 #QuitSmoking #ReduceAlcohol. Smoking causes one of every 4 deaths from cardiovascular disease. #QuitSmoking today to improve your #hearthealth. @<b>American Lung Association</b> suggests you focus on motivators, build confidence, and don't quit alone! For more tips visit the link in bio</p> <p>For more resources, choose "Love Your Heart at Home" in the link in bio. #LoveYourHeart #AmaTuCorazon</p>	<p>Image: <a href="https://bit.ly/3o4dDgu">https://bit.ly/3o4dDgu</a></p> <p>Link: <a href="https://bit.ly/3o6UJpe">bit.ly/3o6UJpe</a></p>
February 24, 2021	<p>Even moderate alcohol consumption, 7-13 drinks per week, substantially raises one's risk of high blood pressure. Follow these tips from @<b>NPR</b> to learn how to cut back: <a href="http://n.pr/2NkQ9qY">http://n.pr/2NkQ9qY</a> #LoveYourHeart #AmaTuCorazon</p>	<p>Even moderate alcohol consumption, 7-13 drinks per week, substantially raises one's risk of high blood pressure. Follow these tips from @<b>NPR</b> to learn how to cut back: <a href="http://n.pr/2NkQ9qY">http://n.pr/2NkQ9qY</a></p> <p>For more resources, visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon</p>	<p>Even moderate alcohol consumption, 7-13 drinks per week, substantially raises one's risk of high blood pressure. Follow these tips from @<b>NPR</b> to learn how to cut back: <a href="http://n.pr/2NkQ9qY">http://n.pr/2NkQ9qY</a></p> <p>For more resources, visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon</p>	<p>Image: <a href="https://bit.ly/3nZVHDP">https://bit.ly/3nZVHDP</a></p> <p>Link: <a href="http://n.pr/2NkQ9qY">http://n.pr/2NkQ9qY</a></p>
February 26, 2021	<p>#QuitSmoking to protect those you love. Secondhand smoke increases one's risk of developing heart disease by 25-30%. Visit <a href="https://smokefree.gov">smokefree.gov</a> to get started today. #LoveYourHeart #AmaTuCorazon</p>	<p>#QuitSmoking to protect those you love. Secondhand smoke increases one's risk of developing heart disease by 25-30%. Get started, visit: <a href="https://smokefree.gov">smokefree.gov</a>.</p> <p>For more resources, visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon</p>	<p>#QuitSmoking to protect those you love. Secondhand smoke increases one's risk of developing heart disease by 25-30%. Get started, visit: <a href="https://smokefree.gov">smokefree.gov</a> (link in bio)</p> <p>For more resources, visit <a href="https://bit.ly/LYHatHome">bit.ly/LYHatHome</a> #LoveYourHeart #AmaTuCorazon</p>	<p>Image: <a href="https://bit.ly/2XWcpJB">https://bit.ly/2XWcpJB</a></p> <p>Link: <a href="https://smokefree.gov">smokefree.gov</a></p>
February 28, 2021	<p>Thank you for joining us for #LoveYourHeart Month! Heart Health is important to prevent high blood pressure &amp; heart disease, visit <a href="https://LoveYourHeartSD.org">LoveYourHeartSD.org</a> for resources year-round #LoveYourHeart #AmaTuCorazon</p>	<p>Thank you for joining us for #LoveYourHeart Month! Heart Health is important to prevent high blood pressure &amp; heart disease, visit <a href="https://LoveYourHeartSD.org">LoveYourHeartSD.org</a> for resources year-round. See you next year! #LoveYourHeart #AmaTuCorazon</p>	<p>Thank you for joining us for #LoveYourHeart Month! Heart Health is important to prevent high blood pressure &amp; heart disease, visit <a href="https://LoveYourHeartSD.org">LoveYourHeartSD.org</a> for resources year-round. See you next year! #LoveYourHeart #AmaTuCorazon</p>	<p>Image: <a href="https://bit.ly/392m3AN">https://bit.ly/392m3AN</a></p> <p>Link: LoveYou  HEART</p>