

# Love Your Heart

**Wednesday,  
February 9th  
2:30-3:30 pm**

East County  
**Senior  
Service  
Providers**



February is American **Heart** Month and we want to be sure you are taking care of yours. Don't let your heart be broken by neglecting your heart health. Learn ways to recognize heart disease symptoms by checking your blood pressure and knowing the warning signs. Find out ways you can improve your heart health with our speaker, Beatrice Lömer, CalFresh Healthy Living Nutrition Specialist with HHSA.

**Be it a lipstick, shirt, shoes, or accessory,  
wear your brightest reds to the virtual meeting  
to celebrate National Wear Red to Work Day.  
You may win a \$20 gift card to Starbucks!**



Join Zoom Meeting

<https://us02web.zoom.us/j/83668321073?pwd=NDArZi8wei82a1dsWFZKbTFOWXQ1dz09>

Passcode: 140310

One tap mobile

+16699006833



LOVE YOUR HEART

**Week of Action: February 12-20, 2022**

"Join the Heart Health Movement" with a free blood pressure screening!

Contact ECSSP Chair– Melanie Delgado for meeting information  
mdelgado@homecare-sd.com