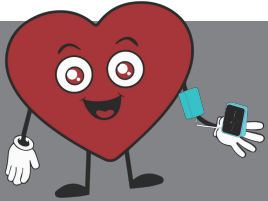


# LOVE YOUR HEART



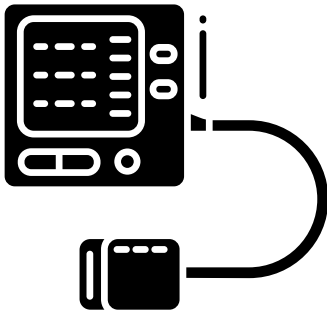
## READ YOUR BEATS



Learn to read the rhythm of your heart to prevent heart disease and stroke.

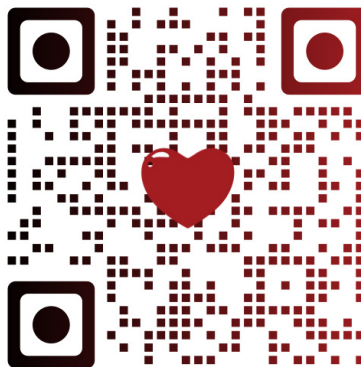
**Take action to a healthier heart in 1, 2, 3!**

1



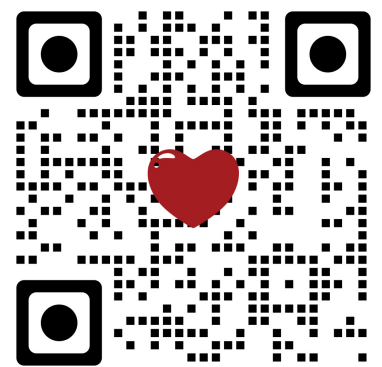
**Check Your Blood Pressure**

2



**Submit Your Blood Pressure Numbers**

3



**Tell Us About Your Experience!**

Find more heart health resources:  
**LoveYourHeartSD.org**



LIVE WELL  
SAN DIEGO