



LOVE HEART

February 9-14, 2026

Join the Heart Health Movement!
Celebrate fifteen years of Love Your Heart with
free blood pressure screenings at sites across
San Diego County and Mexico.

visit LOVEYOURHEARTSD.ORG to learn more



**LIVE WELL
SAN DIEGO**

GET INVOLVED WITH LOVE YOUR HEART!




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** - helping tens of thousands of people get to know their blood pressure numbers and take charge of their heart health.

Apply to host a blood pressure screening site!

Organizations from every sector – business, healthcare, education, non-profit, faith-based – are needed to host screening sites or events. Your organization can offer free blood pressure screenings to the public or your clients and employees.

Screening sites must provide their own medical staff and general volunteers for their event.

Help promote the event!

-  Distribute flyers to promote blood pressure screening sites.
-  Display a resource table with heart health education materials, available in the e-toolkit.
-  Promote Love Your Heart online with the social media toolkit.



Get Involved! Visit:
LoveYourHeartSD.org

Questions? Email:
LoveYourHeartSD@sdcounty.ca.gov

