



“Join the Heart Health Movement” on February 14 with a Free Blood Pressure Screening

Love Your Heart is a one-day event when the County of San Diego and community partners join together to provide free blood pressure screenings to their staff and the public at select sites throughout North America. The goal of Love Your Heart is to encourage participants to “know their numbers” and take charge of their own heart health. Love Your Heart is an effort that started with the County of San Diego and has since grown to include partners in the business, healthcare, education, non-profit, faith-based and other sectors.

How can your organization be a part of Love Your Heart?

- Actively promote Love Your Heart and heart healthy tips in your workplace
- Offer free blood pressure screenings to your clients & employees on February 14
- Contact RiskCheck@sdcounty.ca.gov for more information about screening your clients or employees



LIVE WELL
SAN DIEGO

LOVE YOUR HEART



visit LOVEYOURHEARTSD.org to learn more