



# LOVE YOUR HEART

## February 14-29, 2024

**“Join the Heart Health Movement”  
with a free blood pressure screening  
at sites across San Diego County and Mexico,  
celebrating thirteen years of Love Your Heart**

**visit [LOVEYOURHEARTSD.ORG](https://LOVEYOURHEARTSD.ORG) to learn more**





# GET INVOLVED WITH LOVE YOUR HEART

## We Need Host Sites and Medical Volunteers!

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** to the public. Love Your Heart annually helps tens of thousands of people get to know their blood pressure numbers and take charge of their own heart health.

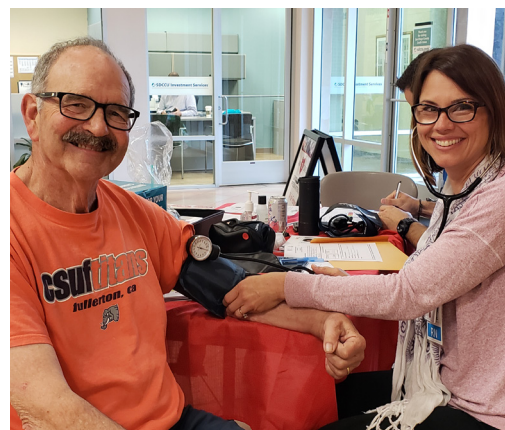
### Apply to host a blood pressure screening site!

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

### Submit an interest form to be a Medical Volunteer!

We are looking for certified medical workers, such as doctors, pharmacists, dentists, nurses, firefighters, paramedics, or other credentialed individuals who are trained in taking blood pressure readings manually.

As a Medical Volunteer, you will be assigned to support a Love Your Heart screening site within San Diego County by conducting blood pressure screenings. Most sites are active between 8am-5pm, though shorter shifts may be assigned.



Please visit [LOVEYOURHEARTSD.org](http://LOVEYOURHEARTSD.org) for more information on how to get involved.

If you have any questions please email: [loveyourheartsd@sdcounty.ca.gov](mailto:loveyourheartsd@sdcounty.ca.gov).

