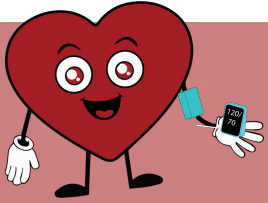
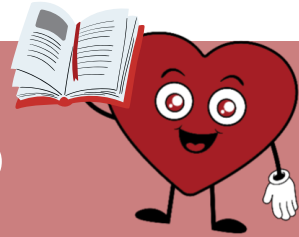


# LOVE YOUR HEART



## READ YOUR BEATS



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

- ♥ Visit libraries across San Diego County to take your blood pressure and receive heart health educational material.
- ♥ This program is FREE with opportunities to receive an incentive for participating!
- ♥ Campo, Bonita-Sunnyside, Pine Valley, and more!

**Scan the QR code or visit the website below to see all participating libraries.**



**LoveYourHeartSD.org**



**LIVE WELL  
SAN DIEGO**