

# LOVE YOUR HEART

## Take Charge of Your Heart Health

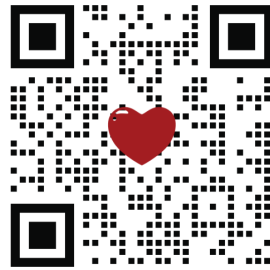
Scan the QR codes below for a Quick Guide to Understanding Blood Pressure



English



Arabic  
يبرع



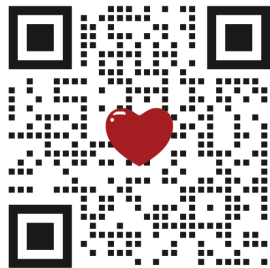
Farsi  
فارسی



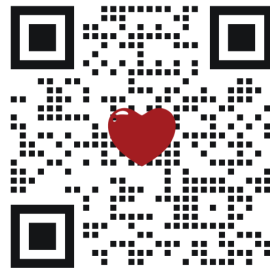
Korean  
한국인



Kurdish  
Kurdî



Mandarin  
普通话



Pashto  
پښتو



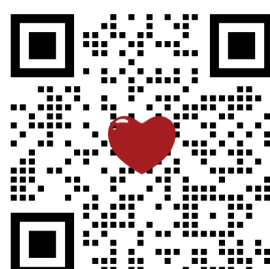
Somali  
somaliiyeed



Spanish  
Español



Tagalog  
Tagalog



Vietnamese  
Tiếng Việt



LoveYourHeartSD.org



LIVE WELL  
SAN DIEGO