



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

**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 on Valentine’s Day, February 14. Each year, Love Your Heart helps tens of thousands of people get to know their blood pressure numbers and take charge of their own heart health. Organizations from every sector - business, healthcare, education, non-profit, faith-based – are needed to host screening sites and help promote the event.

## How can your dental office be a part of Love Your Heart?

- Offer free blood pressure screenings to your clients & employees on February 14
- Actively promote Love Your Heart and heart healthy tips in your workplace and on social media using #LoveYourHeart
- Find promotional materials and site registration at [LOVEYOURHEARTSD.org](http://LOVEYOURHEARTSD.org)
- Contact [loveyourheartsd@sdcounty.ca.gov](mailto:loveyourheartsd@sdcounty.ca.gov) for more information or questions



LIVE WELL  
SAN DIEGO

LOVE YOUR HEART



visit [LOVEYOURHEARTSD.org](http://LOVEYOURHEARTSD.org) to learn more