

# Offer Blood Pressure Screenings to Your Clients and Employees for Love Your Heart “Join the Heart Health Movement”

**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 February 14. 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.

## Offer Screenings To Your Clients and Employees

Healthcare organizations can participate by providing blood pressure screenings to existing clients and patients during their visit. We also encourage offering blood pressure screenings to your employees!

## Offer Screenings To The Public

We need your help to provide free blood pressure screenings to the public in a variety of settings—in clinical settings like hospital lobbies, but also out in the community at grocery stores, libraries, or even at the beach.

## Promote

Spread the word about the Love Your Heart event at your workplace, among your neighbors and community groups and on social media using #LoveYourHeart.

**Register your site today!** Please visit [LOVEYOURHEARTSD.org](http://LOVEYOURHEARTSD.org) for more information on registering. If you have any questions please email: [loveyourheartsd@sdcounty.ca.gov](mailto:loveyourheartsd@sdcounty.ca.gov).



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