**Subject: Join the Heart Health Movement Today with a Free Blood Pressure Screening!**

February is American Heart Month, and on **[Day], February 14th**, we invite you to come get your **FREE Love Your Heart blood pressure screening**! This is a convenient way to “know your numbers” and learn more about your own [**heart health**](http://www.heart.org/). It can be the first step to becoming a healthier you!

Join the “Heart Health Movement” with thousands of other San Diegans who will be giving themselves the gift of a free blood pressure screening on **Valentine’s Day**. **Blood pressure screenings will be provided at the [Location 1] and [Location 2] from [times].**

Spread the word about Love Your Heart. Additional [screening sites](http://www.livewellsd.org/content/livewell/home/love-your-heart/event-information.html) can be found on [LoveYourHeartSD.org](loveyourheartsd.org) or by calling 2-1-1. If you have questions about Love Your Heart blood pressure screenings, please contact your Love Your Heart lead [Contact Name and email]. **# LoveYourHeart #AmaTuCorazon**

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| **Location 1** | **Location 1 address and room #** | **Screening times** |
| **Location 2** | **Location 2 address and room #** | **Screening times** |