**Subject Line: Love Your Heart with a Free Blood Pressure Screening on February 14!**

February is American Heart Month, and on [Day], February 14th, we invite you to come get your **FREE Love Your Heart blood pressure screening** [at (enter location/worksite)]! 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! [Insert information about any incentives available to participants for taking part, if applicable]

“Join the Heart Health Movement” with thousands of others who will be giving themselves the gift of a free blood pressure screening on Valentine’s Day.  Visit [LoveYourHeartSD.org](loveyourheartsd.org) today to learn more about the screenings that are available [or insert contact information for your organization’s employee wellness program].

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[](http://loveyourheartsd.org/)