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Participate in Love Your Heart 2018

County of San Diego sent this bulletin at 02/05/2018 09:59 AM PST



You're invited to participate in this year's **Love Your Heart** event!

**Click here for a special message from
Nick Macchione, Agency Director, County of San Diego
Health and Human Services Agency.**

Love Your Heart is a one-day, annual event in which organizations from across San Diego County, the U.S. and Mexico join together to provide FREE blood pressure screenings to the public on Valentine's Day, February 14.

Last year's Love Your Heart event helped over 53,000 people get to know their blood pressure numbers and take charge of their own heart health. Your organization can help us do it again this year - join us on Wednesday, February 14th for Love Your Heart 2018!

HOW TO GET INVOLVED

Whether you are a part of a healthcare organization or are simply a champion of heart health, there is a role for you in Love Your Heart.

PROMOTE

Spread the word about Love Your Heart by encouraging your friends, family and colleagues to get their blood pressure checked. Post the **2018 Save the Date Flyer** ([English](#) / [Spanish](#)) or use our [Social Media Playbook](#) to help spread the word online!



GET YOUR FREE BLOOD PRESSURE CHECK

On February 14th, FREE blood pressure checks will be offered at hundreds of sites across San Diego County and Mexico. Find a screening site near you by going to loveyourheartsd.org.



If you have any questions please email: riskcheck@sdcounty.ca.gov.

Please visit the loveyourheartsd.org for more information.



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