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2018 Love Your Heart Site Registration Now Open

County of San Diego sent this bulletin at 12/18/2017 03:37 PM PST



Site Registration for Love Your Heart 2018 is now open!

Last year's Love Your Heart event helped over 50,000 people get to know their blood pressure numbers and take charge of their own heart health. Let's do it again this year! Please 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

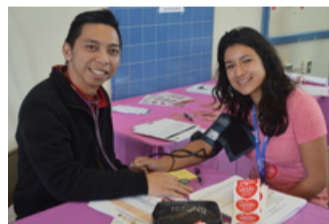
Spread the word about the Love Your Heart event at your workplace or among your neighbors and community groups.



[Share the 2018 Save the Date Flyer today!](#)

Volunteer

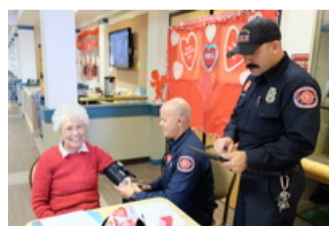
We need [medical workers](#) who can perform blood pressure screenings and [general volunteers](#) who can assist with day-of logistics including managing the intake of participants, collecting data and distributing educational information to the public.



[Sign-up to volunteer today!](#)

Offer Screenings To Your Employees

Employers can work with their own in-house employee wellness program and insurance plans to offer blood pressure screenings to their employees.



[Register your site today!](#)

Offer Screenings To The Public

We need your help to provide free blood pressure screenings to the public in a variety of settings—from offices, to health clinics, to grocery stores, or even at the beach.



[Register your site today!](#)

Please feel free to reach out to your regional Love Your Heart Liaison listed below for more information.

- North County Regions (e.g., communities such as Escondido, San Marcos, and Carlsbad): [Chiara Leroy](#) and [Martha Solorzano](#).
- East and North Central Regions (e.g., communities such as La Mesa, El Cajon, and Alpine): [Manpreet Mumman](#)
- Central Region (e.g., communities such as City Heights, Downtown San Diego, and Mission Valley): [Lizbeth Lopez](#)
- South Regions (e.g., communities such as Chula Vista, National City, Coronado, Imperial Beach, South San Diego, Bonita, San Ysidro, and Otay Mesa): [Lizbeth Lopez](#)

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

Please visit the loveyourheartsd.org for more information.



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