**FOR IMMEDIATE PUBLICATION CONTACT:**

Date

**REGION GEARS UP FOR “LOVE YOUR HEART DAY”**

***Free Blood Pressure Screenings at More Than (---) Locations across the Nation on Valentine’s Day***

**WHAT:** Local leaders will join regional officials and community partners to promote Love Your Heart Day, which is on February 14. The annual event helps residents take charge of their health by offering free blood pressure screenings to adults across the U.S. and Mexico. Love Your Heart is a regional event with screening sites hosted by businesses, public agencies, healthcare and wellness organizations and churches. In addition to San Diego County, Los Angeles and Orange Counties, and the six Mexican states along the United States – Mexico border are also holding Love Your Heart events. For a list of Love Your Heart locations, visit www.loveyourheartsd.org.

**WHO:**  **Speaker,** Title

 **Speaker,** Title

 **Speaker,** Title

**WHEN: Full date and time**

**WHERE: Address for local media event**

**WHY:** Heart disease is the leading cause of death in the United States.Obesity, high blood pressure, high cholesterol, diabetes and a family history of heart disease can put an individual at greater risk of heart disease. In partnership with the County of San Diego’s *Live Well San Diego* vision, as well as American Heart Health Month, residents can get a free blood pressure check at over --- sites in (local location) on Valentine’s Day, including (types of sites, libraries, fire stations, etc.). Getting a blood pressure check is a simple step to take for heart health. Last year, more than --- people got their blood pressure checked at a Love Your Heart site across North America.

**VISUALS:** Blood pressure check demonstration in front of a fire truck, and poster of locations throughout the region.

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