

Join the Heart Health Movement!

- ❖ Add Public Health Experience to your Resume!
- ❖ Be a Medical Volunteer and earn a **Certificate of Participation from the County of San Diego**

Join our volunteer interest list:

www.surveymonkey.com/r/LYH2020VolunteerForm



Love Your Heart is February 14th!

Love Your Heart is an annual event in which organizations from across the U.S. and Mexico join together to provide **free blood pressure screenings**. Love Your Heart annually helps tens of thousands of people get to know their blood pressure numbers and take charge of their own heart health.

Register to be a Medical Volunteer

As a Medical Volunteer, you will be assigned to support a Love Your Heart screening site within San Diego County by conducting blood pressure screenings. Most sites are active between 8am-5pm, though shorter shifts may be assigned.

Medical Volunteers should ideally:

- Be a certified medical worker
- Be a nurse, first responder (including firefighters and paramedics), or other credentialed individual who is trained in taking blood pressure readings manually
- Have access to a blood pressure cuff that can be used to perform blood pressure screenings during the event



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



LIVE WELL
SAN DIEGO



visit **LOVEYOURHEARTSD.org** to learn more and join our volunteer list