

## Love Your Heart

This Valentine's Day, *Love Your Heart*. The San Diego Fire-Rescue Department and Project Heart Beat will be partnering with the County to offer free blood pressure checks at several locations around the City.

Heart disease is the leading cause of death in the United States, killing one person every minute. In San Diego County, it has dropped to second place, next to cancer, but there is still much work to be done. Obesity, high blood pressure, high cholesterol, diabetes and a family history of heart disease all can put an individual at greater risk.

On February 14, stop by any of these locations and have your blood pressure checked. Do something good for your heart:

### Fire Station Hours 9:00 a.m. – 4:00 p.m.

\*Please note: Fire Station Locations subject to crew in-quarters availability

SDFD Fire Station 1	1222 First Avenue, SD, CA 92101
SDFD Fire Station 4	404 Eighth Avenue, SD, CA 92101
SDFD Fire Station 10	4605 62 <sup>nd</sup> Street, SD, CA 92115
SDFD Fire Station 11	945 25 <sup>th</sup> Street, SD, CA 92102
SDFD Fire Station 12	4964 Imperial Avenue, SD, CA 92113
SDFD Fire Station 14	4011 32 <sup>nd</sup> Street, SD, CA 92104
SDFD Fire Station 20	3305 Kemper Blvd., SD, CA 92110
SDFD Fire Station 21	750 Grand Avenue, SD, CA 92109
SDFD Fire Station 28	3880 Kearny Villa Road, SD, CA 92123
SDFD Fire Station 29	198 W. San Ysidro Blvd., SD, CA 92173
SDFD Fire Station 35	4285 Eastgate Mall, SD, CA 92137
SDFD Fire Station 40	13393 Salmon River Road, SD, CA 92129
SDFD Fire Station 44	10011 Black Mountain Road, SD, CA 92126

### Community Locations 11:00 a.m. - 2:00 p.m.

San Diego International Airport-Lindbergh Field:	Terminal 1 Baggage Claim
Balboa Park:	Bea Evans Fountain Area
San Ysidro Library:	101 W. San Ysidro Blvd. 92173
Civic Center Plaza Courtyard:	202 C Street 92101