

Love Your Heart



**Support your local school!*

The school with the most blood pressure screenings will be honored by the City of Chula Vista with a Golden Apple Health Award!

One out of every four San Diego adults is diagnosed with high blood pressure, or "hypertension." This silent killer's symptoms often go unrecognized – and lead to heart disease and stroke.

Don't become a statistic. Know your numbers!

Get a FREE Blood Pressure Reading
Thursday, February 11 • 3 - 6 p.m.
at one of these Chula Vista Middle Schools:*



Bonita Vista
650 Otay Lakes Road



Castle Park
160 Quintard Street



Chula Vista
415 Fifth Avenue



EastLake
900 Duncan Ranch Road



Hilltop
44 East J Street



Rancho del Rey
1174 East J Street



COMMUNITY HEALTH
IMPROVEMENT PARTNERS



A PROJECT OF THE SAN DIEGO COUNTY
CHILDHOOD OBESITY INITIATIVE

