



RANCHO SANTA FE FIRE PROTECTION DISTRICT

18027 Calle Ambiente / P.O. Box 410, Rancho Santa Fe, California 92067

FOR IMMEDIATE RELEASE
February 9, 2016

CONTACT: Julie Taber
Public Information Officer
Office: (858) 756-6008
Mobile: (858) 775-7608

“LOVE YOUR HEART” IN TIME FOR VALENTINE’S DAY

RANCHO SANTA FE, Calif. — February is American Heart Month, and on Thursday, February 11, 2016, the Rancho Santa Fe Fire Protection District (RSFFPD) and American Medical Response (AMR) will be participating in “Love Your Heart.” Love Your Heart is a one-day annual event when the County of San Diego and its partners come together to help residents take charge of their own health. Free blood pressure screenings are provided to the public at select sites throughout the San Diego region where community members can “know their numbers” and learn more about their heart health. Free blood pressure screenings will be provided to members of the public from 11:00 am – 2:00 pm at two locations in Rancho Santa Fe and 4S-Ranch:

- 1) Rancho Santa Fe Post Office, 16956 Via de Santa Fe, Rancho Santa Fe**
- 2) Shay Realtors Community Hub, 10550 Craftsman Way, Suite 184, 4S Ranch**

For more information on “Love Your Heart Day,” including additional screening locations throughout the county, please visit www.livewellsd.org/love-your-heart.

The mission of the Rancho Santa Fe Fire Protection District is “To protect life, property, and environment through prevention, preparedness, education and emergency response.” Formed in 1946, the Fire District now spans approximately 38-square miles and protects over 29,000 citizens. The Fire District currently operates out of four full-time fire stations and serves the communities within and surrounding Rancho Santa Fe, Fairbanks Ranch, and 4S-Ranch.

###