

Family Run and Proudly Serving Sausalito and Surrounding Areas for Over 40 Years!



A&A LOVES OUR CUSTOMERS AS MUCH AS WE LOVE THEIR CARS!

Heart-Healthy Tips from the American Heart Association

This month for Valentine's Day, we're focusing on being heart-healthy! According to the American Heart Association, taking care of your heart starts with simple, everyday habits. Eating a balanced diet rich in fruits, vegetables, whole grains, and lean proteins, staying physically active, getting quality sleep, and avoiding tobacco all play an important role.



The AHA's Life's Essential 8 for heart health include:

- ♥ Eating better
- ♥ Being more active
- ♥ Quitting tobacco
- ♥ Getting healthy sleep
- ♥ Managing weight
- ♥ Controlling cholesterol
- ♥ Managing blood sugar
- ♥ Keeping blood pressure in check

Small changes today can add up to a stronger, healthier heart for years to come!

At A&A Automotive, we care about you and your vehicle. This Valentine's Day, don't forget to show your car a little love for always getting you where you need to go safely and be sure to check out our special below!

Need service?

BOOK NOW



Community Feature: The American Heart Association of Northern California

The American Heart Association is a leading nonprofit dedicated to fighting heart disease and stroke through research, education, and evidence-based health guidelines.

This month, we're spotlighting the Greater Bay Area Go Red for Women initiative. Cardiovascular disease is the leading cause of death for women, yet many are unaware of their risk. Go Red for Women works to raise awareness and close care gaps for women at every stage of life. A portion of proceeds from our special this month will support this important cause.

To learn more, head to [ahasanfrancisco.ejoinme.org](https://www.ahasanfrancisco.ejoinme.org)



WHAT OUR CUSTOMERS ARE SAYING:

WE LOVE HEARING FROM OUR CUSTOMERS!

Here's what one of our recent visitors had to say about their experience at A&A Automotive!



We're **proud** to provide exceptional care for your vehicle. Have feedback for us? We'd love to hear from you!

Visit [AandASausalito.com](https://www.AandASausalito.com) to leave a review!



"Called about the Winter Service package right when they opened on a Friday. They were able to accommodate my vehicle immediately and completed the service within 2 hours. Super quick, great price, and local to anyone in Sausalito. A&A got my car in great shape for a big roadtrip for the holidays. Highly recommend."

-Ben B

Sweetheart
deal for your car!



\$25 OFF

any service
\$100 or more!

Plus, a portion of proceeds will be donated to the American Heart Association Go Red for Women campaign!

Can't be combined with other specials. Some restrictions may apply. See shop for details. Expires February 28th, 2026.