



American Heart Association®

Healthy for Good™

OWN YOUR MOMENT

For better mental and physical health, the secret mealtime ingredient is family.



Check out our **Conversation Starter** topics for meaningful mealtimes at heart.org/EatSmart.

JOIN US!

Location:

Date:

Time:

JOIN THE MOVEMENT:
heart.org/HEALTHYFORGOOD

#HEALTHYFORGOOD

EAT SMART

MOVE MORE

BE WELL

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