



American Heart Association.
Healthy for Good™

EAT SMART MONTH

Nourish yourself,
your family and
your community.



Thousands of companies, organizations and individuals are joining with the American Heart Association this November as we commit to **EAT SMART!**

#HEALTHYFORGOOD
EAT SMART ADD COLOR MOVE MORE BE WELL

JOIN THE MOVEMENT:
heart.org/healthyforgood