



American Heart Association.  
Healthy for Good™

# EAT/SMART MONTH

*This month we will  
**EAT SMART**  
and get  
**Healthy For Good!***



**JOIN US!**

Location: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_

**#HEALTHYFORGOOD**

**EAT SMART** ADD COLOR MOVE MORE BE WELL

**JOIN THE MOVEMENT**

**HEART.ORG/EATSMARTMONTH**