



American Heart Association.
Healthy for Good™

EAT SMART MONTH

Nourish yourself, your family
and your community.



Sign up for the Daily Holiday Hacks
by texting **DailyHack** to **51555**

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

#HEALTHYFORGOOD
EAT SMART MOVE MORE BE WELL

JOIN THE MOVEMENT:
heart.org/HealthyforGood