



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**

## JOIN US!

Location:

Date:

Time:

JOIN THE MOVEMENT:  
[heart.org/HealthyforGood](https://heart.org/HealthyforGood)

#HEALTHYFORGOOD

EAT SMART MOVE MORE BE WELL