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.

Thousands of organizations and individuals are joining with the American Heart Association as we commit to making mealtime family time.

#HEALTHYFORGOOD
EAT SMART
MOVE MORE
BE WELL

JOIN THE MOVEMENT: heart.org/HEALTHYFORGOOD