



American Heart Association.
Healthy for Good™

THIS MONTH WE WILL **MOVE MORE** AND **MAKE IT COUNT!**



Celebrate Move More Month April 2020

Thousands of organizations and their employees are joining with the American Heart Association as we take steps toward a healthier, more active way of living for everyone.

#MoveMoreMonth

Join the movement at
heart.org/MoveMore

EAT SMART ADD COLOR MOVE MORE BE WELL