



American Heart Association.

Healthy for Good™

# 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](https://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](https://heart.org/HEALTHYFORGOOD)