



American Heart Association®

Healthy for Good™

Healthy for Good EAT SMART Resource Kit  
Locally Sponsored By



Penn Medicine  
Princeton Health

October 4, 2023

Healthy Foods, Healthy Eating Champion!

**Change a little. Change a lot.** Everyone has a reason to live a longer and healthier life, and life is why Penn Medicine Princeton Health stands in support of the American Heart Association. It gives us great pleasure to provide you with this FREE eat smart, good nutrition, healthy eating resource kit.

Eat smart and healthy during October, November, December, and all year long, and get Healthy for Good™ with the American Heart Association (Association). The Healthy for Good movement is designed to inspire all Americans to live healthier lives and create lasting change. It focuses on the idea of making small, simple changes.

The approach is simple: **Eat smart. Move more. Be well.**

Penn Medicine Princeton Health and the American Heart Association encourage you to raise awareness and share information and resources with your family, friends, coworkers and other audiences. Consider holding some type of creative or fun healthy foods or healthy eating activity during October or November, or anytime throughout the year. These observances can serve as excellent health education and audience/employee engagement opportunities.

Thank you for supporting this American Heart Association eat smart, good nutrition and healthy eating observance. Should you have questions or need additional information, please contact the American Heart Association New Jersey office at (609) 223-3726.

Sincerely,

James G. Demetriades, MBA  
Chief Executive Officer  
Penn Medicine Princeton Health

**Eat smart. Move more. Be well.**