



*Keep your heart
and brain healthy with
smart food choices.*

Wednesday, November 4, 2015



**National Eating Healthy Day BUZZ Event
Outside the State House
125 West State Street, Trenton, NJ
Monday, October 19, 10:00am-2:00pm**

Join the American Heart Association and American Stroke Association in front of the State House on Monday, October 19 from 10:00am to 2:00pm to learn more about National Eating Healthy Day, the New Jersey Corner Stores Initiative and the importance of a healthy diet. Have a healthy snack on us, play interactive games, and register for a FREE toolkit to help you plan your National Eating Healthy Day event.



The American Heart Association is committed to helping all Americans live longer and healthier! By joining our **National Eating Healthy Day** celebration, YOU can take a big step toward a healthier lifestyle by making small changes to incorporate healthier food choices.

Always the first Wednesday of November, National Eating Healthy Day raises awareness about the importance of healthy eating. It provides education, tools and resources to thousands of companies, schools and individuals, potentially reaching millions of Americans.



By 2020, we want to improve the cardiovascular health of all Americans by 20 percent while reducing deaths from cardiovascular diseases and stroke by 20 percent. We can't reach this aggressive goal alone. But together with partners like you, we can make a significant impact and reach more Americans with life-saving information.

For more information, call 609.223.3757 or email erin.boyle@heart.org