



American Heart Association®

Healthy for Good™

JUNE IS FRUIT & VEGETABLE MONTH

Join the American Heart Association for an informative and engaging webinar all about the health benefits of fruits and vegetables.

THURSDAY, JUNE 24 @ 4:00PM

REGISTER



The Colorful Plate

with Lisa Vesik, Med, RDN

Learn what it means to color your plate with fruits and vegetables and the health benefits that different colors provide.

Snacking in Color

with Kelly Smith

Prepare a tasty and heart healthy bell pepper bites snack that the whole family will enjoy.



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SCAN HERE FOR
THE RECIPE!

