



**STORY SLUG:** "Mom Life"

**SPONSOR:** American Heart Association

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SCRIPT

As a busy mom to four kids my to-do list is full.

((Chyron))  
*Heather Dubrow*  
 Mother, Actress & Cast Member of the Real Housewives of OC

Trying to fit in exercise, eating right, and prioritizing self-care can feel next to impossible.

((Chyron))  
*Brianne Howey*  
 Actress & Mother Ginny and Georgia

While we can't add more hours to the day, we do have a great resource to help.

((Chyron))  
*Samira Wiley*  
 Mother, Emmy Winner & Producer The Handmaid's Tale

Go Red for Women has easy tips, tools and information to help you – and your family – live a healthier life.

So to all the moms, aunts, grandmothers and amazing women out there doing it all...

Visit Go Red for Women dot org today slash mom life to learn more

((GRAPHIC))  
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