

## Ashe County Heart Walk Saturday

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A relaxing stroll in Jefferson Saturday can help support the American Heart Association's fight against heart disease and stroke. It's a distance of about a mile. It's an easy walk that promises not to wear you out, according to Judy Leek.

The Ashe County Annual Heart Walk raises an average of \$15,500 each year, funds that go directly to the American Heart Association's research, education, and community programs. The walk starts Saturday at 8:30. For more information, call Leek at 336-846-1109.