

## Mark Your Calendar For Tomorrow's Heart Breakfast

Written by Administrator

Monday, 12 February 2007 14:00

---

Tomorrow is Valentine's Day. In Watauga County, that means time for the Appalachian Brian Estate's famous Heart Breakfast. Appalachian Brian Estates has been hosting the breakfast on Valentine's Day morning for 16 years. If you haven't been, then you are one of only a few Watauga County residents haven't learned that this is the place to catch up with your friends, enjoy a great breakfast, and show some heart. The cost is just \$6.00 and all the proceeds go to Watauga County Healthy Carolinians. In addition to being the home of the Watauga County Safekids Program mentioned in the previous story, Healthy Carolinians sponsors a host of community education and health-assistance programs. The Heart Breakfast gets underway tomorrow morning from 7 to 9:30am at the Appalachian Brian Estates. Park in the Brian Estates parking lot or next door at the old Shadowline plant. We'll see you there.