

## Ashe County Heart Walk Saturday

Written by Lauren Ohnesorge  
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A relaxing stroll in Jefferson tomorrow can help support the American Heart Association's fight against heart disease and stroke.

It's an easy walk that promises not to wear you out, according to Judy Leek. It should be about a mile.

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 tomorrow at 8:30. For more information, call Leek at 336-846-1109.