



HEART WALK.

Lee County Start! Heart Walk

Saturday, December 12th
Centennial Park

For more information call
239-498-9288

TAKE
YOUR HEART
FOR A WALK
YOU COULD
LIVE
LONGER.

Did you know that for every hour of regular, vigorous exercise we do, like brisk walking, we could live two hours longer? Learn how to Start! at americanheart.org/start or call **1-800-AHA-USA-1**. Take your heart for a walk today. You could live longer.

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