



Heart Walk®

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The **2012 Forrest/Lamar Heart Walk** to be held on Saturday, September 22, 2012 at Pride Field at USM. Proceeds from the Heart Walk will go to achieve the mission of the American Heart Association (AHA), which is “to build healthier lives, free of cardiovascular diseases and stroke.” Thanks to the Sponsors and to everyone that has made a donation by purchasing a hearts, a t-shirt, a raffle ticket, etc.

Forrest County Heart Walk – 2012 Fish Fry Fund Raiser!

The 3rd Annual Fish Fry will be held on Wednesday, September 19, 2012. Box lunches will include fish, fries, cole slaw, hush puppies, dessert and a drink for \$10.00. Lunches will be available for pick-up in the Community Room of the Chancery Building between 11:30 a.m. and 1:00 p.m. Please contact Kara Drane (601.270.0772 or kdrane@co.forrest.ms.us) to purchase a ticket or contact another Heart Walk Team Captain: Jill Creel, DeAnn Dement, Jimmy Wayne Howell, Corey Proctor, Dave Smith, Terri Smith, Mary Taylor & Diane Zachary.