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**BUDDYWALK**<sup>®</sup>  
national down syndrome society<sup>®</sup>

EDUCATE | ADVOCATE | CELEBRATE



join us on

**Sunday, October 10, 2021**

Registration begins at 12:30 pm • Walk begins at 1:00 pm

**Collins Perley Sports & Fitness Center  
St. Albans, Vermont**

for the

**2021 NCSS Buddy Walk<sup>®</sup>**

**NORTHWESTERN  
COUNSELING**  
& SUPPORT SERVICES  
*we're here for you*



## ABOUT DOWN SYNDROME

Down syndrome is the most commonly occurring chromosomal condition. Down syndrome occurs in approximately one in every 691 births, in people of all races and economic levels.

Today, there are more than 400,000 people living with Down syndrome in the United States. Individuals with Down syndrome have three copies of the 21st chromosome instead of two. This additional genetic material alters the course of development and is the cause for different characteristics associated with Down syndrome.

All people with Down Syndrome experience cognitive delays. With a stimulating home environment, quality educational programs, good health care and support from family, friends & community, people with Down syndrome can develop to their fullest potential and lead a productive and fulfilling life.

*(Source: The National Down Syndrome Society)*

## ABOUT THE BUDDY WALK®

The Buddy Walk® was established by National Down Syndrome Society (NDSS) in 1995 and has grown to be the world's largest and most recognizable Down syndrome awareness program with over 225 Walks taking place in 50 states and select international countries. In the past year, 300,000 walkers collectively raised nearly \$12 million, which is used to support local programs and services as well as national advocacy initiatives.

This is the 12th annual Buddy Walk organized by Northwestern Counseling & Support Services.



## FUNDS MAKE A DIFFERENCE LOCALLY

93% of the net proceeds raised from this event benefit Franklin and Grand Isle County residents diagnosed with Down syndrome through NCSS programs and services. The remaining 7% is utilized by the National Down Syndrome Society on advocacy and public awareness initiatives.



## 2021 BUDDY WALK®

**WHEN:** Sunday, October 10, 2021.

Registration at 12:30 pm.

**WHERE:** Collins Perley Sports & Fitness Center - 890 Fairfax Road in St. Albans, VT.

**WHO:** Children, young adults and adults with Down syndrome, family members, friends, healthcare professionals, corporate teams and members of the community – all are welcome!

**WHY:** The Buddy Walk® is a one-mile walk in which anyone can participate without special training.

## CREATE A TEAM!

Bring your family, friends, co-workers, class members, etc. Enjoy the beauty of a Vermont fall day while celebrating Down Syndrome Awareness Month and promote the acceptance and inclusion of people with Down syndrome.



## PLEASE DONATE

**Checks payable to:**  
NCSS - Buddy Walk®  
107 Fisher Pond Road  
St. Albans, VT 05478

**or Visit our website:**  
[www.ncssinc.org](http://www.ncssinc.org)  
to pay by PayPal or Credit Card.  
Click the "Donate" button at the top of our homepage and select "Use this donation for Buddy Walk" from the drop down menu.

## NO REGISTRATION FEE

### DAY OF EVENT SCHEDULE

- 12:30 pm** Registration
- 12:55 pm** Pre-walk announcements and line-up. Grab your buddies and meet us at the start line.
- 1:00 pm** Buddy Walk®
- All Day** Free food and beverage, face painting, fun bouncy house, sensory toy station, and other entertainment.