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at: 524-6555 extension 6414  
or email: [jhalko@ncssinc.org](mailto:jhalko@ncssinc.org) or  
online at [ncssinc.org](http://ncssinc.org).



Join us on

**Sunday, September 22, 2019**

Registration begins at 12:30 pm

Walk begins at 1:00 pm

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

for the

**2019 Buddy Walk® of Northwestern Vermont**

**NORTHWESTERN  
COUNSELING**  
& SUPPORT SERVICES



## 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 21<sup>st</sup> 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 & fulfilling life.

*(Source: The National Down Syndrome Society)*

## ABOUT THE BUDDY WALK®

The Buddy Walk® was developed by the National Down Syndrome Society in 1995 to celebrate Down Syndrome Awareness Month in October and to promote acceptance and inclusion of people with Down syndrome. The Buddy Walk® has grown from 17 walks in 1995 to nearly 300 Walks planned for 2019 worldwide. In 2018, over \$14 million was raised nationwide to benefit local programs and services, as well as the national advocacy and public awareness initiatives of NDSS that benefit all individuals with Down syndrome.

This is the 11<sup>th</sup> 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.



## 2019 BUDDY WALK®

**WHEN:** Sunday, September 22, 2019.  
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.

## DONATE

Please make checks payable to:

**NCSS – Buddy Walk®**  
107 Fisher Pond Road  
St. Albans, VT 05478

## 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.