



Northern Chesapeake Region

Achieve with us.

For Immediate Release

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Celebrate Independence with The Arc NCR Freedom Run

(Aberdeen, MD) The Arc Northern Chesapeake Region (The Arc NCR) is holding their first 5K and Family Fun Walk on Saturday, September 13, 2014 at 8:00 a.m. at Perryville Community Park. The Arc NCR Freedom Run celebrates the freedom for people with intellectual and developmental disabilities to participate in community events, live in comfortable homes, and make meaningful life choices. All proceeds benefit The Arc NCR's Cecil County Family Support Services.

The event includes a 5K walk/run and a one-mile Family Fun Walk – both routes pass through a beautiful scenic loop by the water. Registration includes a commemorative t-shirt and refreshments at the event. For those who wish to donate but can't attend the event, a fundraising site is available. For more information and to register, sponsor or donate, visit www.arcncr.org/freedomrun.html. By joining together as a community, you can help support local families. Come celebrate freedom with us!

For sixty-one years, The Arc Northern Chesapeake Region has helped people with intellectual and developmental disabilities build better lives by providing support services and advocacy to adults and children and their families in Harford and Cecil Counties. For more information, call 410-836-7177 or visit www.arcncr.org.

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For people with intellectual and developmental disabilities