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Press Release

Landover, Maryland, September 10, 2009: Maryland Community Connection (MCC) announces its 3rd Annual Family Fun & Fitness Day on Sunday, September 20, 2009 at the Bradbury Community Center 2301 Ewing Avenue, Suitland, Maryland 20746 from 12:00 p.m. to 4:00 p.m. The purpose of this event is to encourage healthy lifestyles for individuals with developmental disabilities.



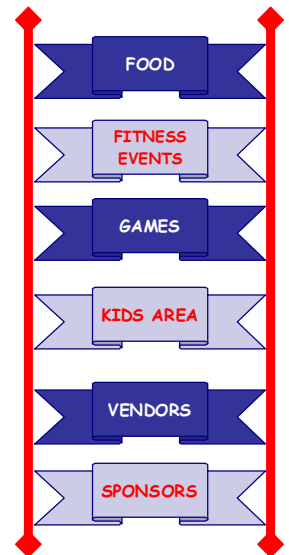
Maryland Community Connection
Family Fun & Fitness Day

This event is open to all Maryland Community participants, their family members, volunteers, supporters, and partners of Maryland Community Connection. Food, games, music, sports, fitness events, kids' activities, and dancing will all be a part of the festivities.

MCC is a non-profit organization in our 8th year of operation. MCC was formed in 2001 with the mission of assisting individuals with developmental disabilities to achieve a greater degree of social and economic independence. MCC provides supported employment, individual support services, and community supported living arrangements for children and adults with developmental disabilities. Annually staff and volunteers work diligently to ensure the success of this organization.

André Coates, Executive Director of Maryland Community Connection, stated that this is a great opportunity to continue to enhance the lives of the individuals with developmental disabilities. Maryland Community Connection is committed to making individuals with developmental disabilities a viable part of their communities. This event is held thanks to the support and commitment of sponsorships from United Healthcare, Giant, and TD Bank.

This event is sponsored by



To attend or to become a 2009 Family Fun & Fitness Day Vendor, Sponsor, Volunteer, or Donor, call 301-583-0358. For more information about Maryland Community Connection's Family Fun & Fitness Day, contact André Coates at 301-583-0358 or e-mail at acoates@marylandcommunityconnection.org.

For Immediate Release, September 10, 2009

**Date changed to
Sunday, September 20, 2009**

3rd Annual



MARYLAND
COMMUNITY
CONNECTION

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Family Fun & Fitness Day

Rain or shine

September 20, 2009

Bradbury Community Center

Noon - 4PM



The third time is a charm! We had such a great time! We're doing it again! On Sunday, September 20, 2009 at the Bradbury Community Center, Maryland Community Connection will host Family Fun & Fitness Day at 2301 Ewing Avenue, Suitland, Maryland to encourage healthy lifestyles.

This event is open to all Maryland Community participants, their family members, volunteers, supporters, and partners of Maryland Community Connection. Food, games, music, sports, fitness events, face painting, and dancing will all be a part of the festivities.

Please RSVP by August 15 to 301-583-0358.

To become a 2009 Family Fun & Fitness Day Vendor, Sponsor, or Donor call 301-583-0358.



Helping individuals with developmental disabilities achieve their goals.