



Down Syndrome Facts

1. There are more than 400,000 individuals with [Down syndrome](#) living in the US
2. One out of approximately 700 babies is born with Down syndrome
3. Down syndrome is not a disease, or illness, it is a chromosomal condition.
4. People with Down syndrome have an extra 21st chromosome (which is why the condition is called Trisomy 21)
5. Down syndrome happens in people of all races or economic levels
6. Chances of having a baby with Down syndrome increase with maternal age
7. Life expectancy for a person with DS is age 60
8. People with Down syndrome go to school, work, and are contributing members to society
9. Although most individuals with Down syndrome have an intellectual disability, they have many gifts and talents

What is FRIENDS?

F.R.I.E.N.D.S., or the Family Resource, Information & Education Network for Down Syndrome is a non-profit group of parents re-formed in 1999 in Frederick County, Maryland to:

- Be a support and resource group for expectant parents, new parents and extended families of babies born with Down Syndrome;
- Provide age-appropriate activities for our children and their friends;
- Advocate for community awareness and acceptance;
- Have quarterly meetings with professional speakers experienced in issues relative to Down Syndrome;
- Meet informally to share the joys and challenges of parenting.

Come dine at

Mamma Lucia's

1700 Kingfisher Dr., Frederick, MD 21701

between 5-10 p.m. on
Wednesday, March 21st
to celebrate

World Down Syndrome Day.

Mamma Lucia's will donate
a portion of the

evenings proceeds to

F.R.I.E.N.D.S.

to help raise

Down Syndrome Awareness

CARRYOUT IS INCLUDED!

Be sure to tell your friends,
family, and co-workers.