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## **THE ARC OLYMPICS OFFERS EMPLOYEES A CHANCE TO RELAX**

Anchorage: Players from the Anchorage Bucs will team with The Arc of Anchorage employees who provide services to people who experience disabilities for a day of competition. The Arc of Anchorage is holding the 6<sup>th</sup> annual Arc Olympics on Friday, June 18, 2010 from 1:00 to 4:00 pm at 2211 Arca Drive.

The job of a person providing services to someone experiencing disabilities is very rewarding and very stressful. Often the reward at the end of the day is the personal satisfaction of knowing the person you cared for is safe and secure. The Arc of Olympics offers employees a chance to relax, enjoy each other's company, and engage in competition. Games are designed for people of all ability levels and include a 3-legged race, Nerf football toss, and limbo. The event is preceded by a staff appreciation lunch and concludes with an award ceremony at 4:00.

The mission at The Arc of Anchorage is: To encourage and celebrate the potential of people experiencing disabilities. Our core values are respect, integrity and joy. This event encompasses every part of what we stand for, especially joy, which we define as, "seizing opportunities to create adventure and fulfillment in all aspects of life."

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This July marks the 6<sup>th</sup> year of The Arc of Anchorage Olympics. This event offers employees and the people served by The Arc a chance to relax, enjoy each other's company, and engage in friendly fun competition. Games are designed for people of all ability levels.