

**FOR IMMEDIATE RELEASE**

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**LIVE FREE HOME HEALTH CARE IS A MAJOR SPONSOR OF "SQUAM RIDGE RACE 2013 SET FOR SEPTEMBER 22nd**

**NEW HAMPTON, NH (September 16, 2013)** - Jason Harvey CFOO and Co-Owner of Live Free Home Health care announced today the LFHHC will be a major sponsor of this year's Squam Ridge Race with all proceeds supporting the trail network that the race takes place on.

"Jennifer and I spend as much time as we can outdoors and see its many benefits to our health and well-being," he said. "This is the reason we were also the major sponsor of the new Fitness Trail in New Hampton."

The 12.2 mile Squam Ridge Race traverses a majority of the Squam Range crossing three summits with amazing views of Squam Lake and the surrounding watershed and has about 3000 feet of elevation gain. The race is mostly single track with 1.8 miles of pavement, 0.5 miles of dirt road, 1.3 miles of double track, and 8.6 miles of single track trail.

**About Live Free Home Health Care:**

Serving the Lakes Region and Central New Hampshire, Live Free Home Health Care, LLC is dedicated to providing top quality care in the comfort of home, wherever home may be. Family owned and operated, Live Free Home Health Care offers a wide range of services, from companion care and assistance with activities of daily living to skilled nursing. All care is supervised and updated by a registered nurse, who is specially trained to watch for new or changing health issues. Whether the need is for short or long term care, Live Free Home Health Care works with each client's physician to provide a continuum of care unparalleled with other agencies, and the compassionate staff promises to treat each client respectfully and like a cherished family member. Live Free Home Health Care also offers medical alert systems to provide extra peace of mind should an emergency care need arise.

For further information, contact **(603) 217-0149** or visit [www.LiveFreeHomeHealthCare.com](http://www.LiveFreeHomeHealthCare.com).