



FAMILY CAMP 2023

2 GREAT EVENTS

**JUNE
1-4**

20th Year of In-Person Camp in Antelope Oregon

4 days of community activities, breakout sessions, science talks, chances to connect with your IEM community, delicious low-protein meals, and most of all, FUN!
\$300 per person (under 2 is free!) scholarships available.

**AUG
12**

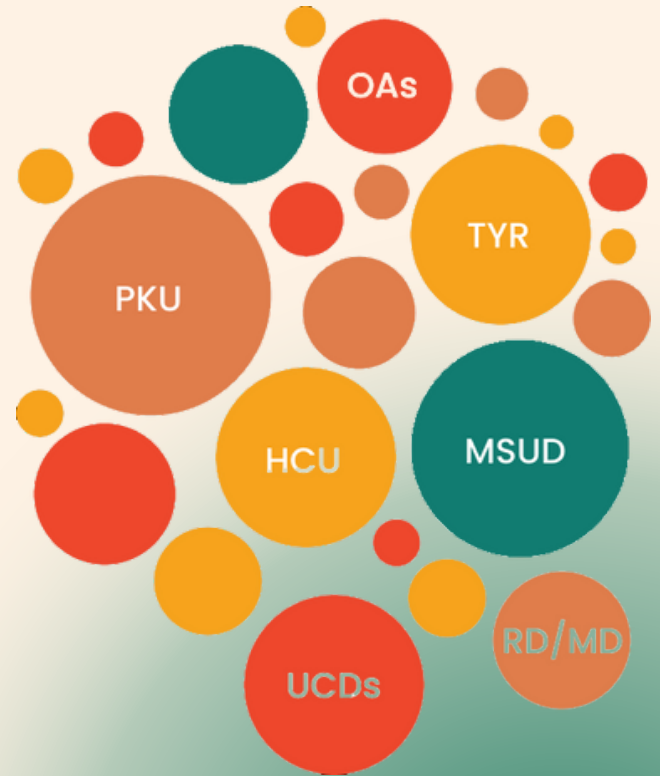
Virtual Camp

A dedicated day for virtual camp means campers get double the fun! This year's platform is all new and will feature more activities and ways to interact and connect.
Your \$20 registration comes with a kit that includes a shirt and cooking demo ingredients. (\$20 surcharge for international shipping)

CAMP ACTIVITIES AND OFFERINGS

ALL-CAMP SOCIAL EVENTS

Camp Olympics
The Low-Phe Life
Custom Crafts
Silent Discos*
Community Connection Chats
Talent Show*
Carnival*
Water slides and pool time*
Adventure course & pickleball*



INTERACTIVE BREAKOUT SESSIONS

504/IEP: School and Metabolics
Low Protein Athletics: Balance
New Parents & Parents of Young Kids. What Now?
Travel: The World is Yours (With Planning)

EXPERT-LED EDUCATION SESSIONS

US Insurance: How does it work?
Science Night
flok™ health
Cook for Love Cooking Demo

*in-person only

Register or learn more at pkunews.org/camp



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