



**GREAT OAKS
RETREAT CENTER**

ILLINOIS LOW PROTEIN FAMILY CAMP

REGISTER NOW!

Check-in: 5:30 pm, August 9, 2024 | Check-out: 10 am, August 11, 2024
Great Oaks Retreat Center
1380 County Rd 900 N, Lacon, IL 61540



We are back this year! Join us back at the beautiful Great Oak Retreat Center for a weekend away with other PKU and IEM families. Memories will be made, meals will be shared and friendships will be fostered. There will be swimming in the lake, canoeing, paddle boating, arts and crafts, archery, high ropes course (ages 12+), ziplining (ages 12+), and fishing.

Friday night everyone is asked to bring their favorite low protein dish to share with the group - we will have a low protein potluck! All other meals will be included.

PRICE

IEM Campers: Free
Family Members: \$10 each



RSVP BY

July 19, 2024





LODGING

Lodging is included. Please bring your own pillows and linens - blankets or sleeping bags. Beds are bunk beds in a large room.



WHAT TO BRING:

- Formula
- Sleeping bag or linens
- Favorite snacks
- Towel
- Bathing suite
- Sunscreen
- Bug spray
- Clothes to camp in
- Closed toe shoes
- Shampoo & soap
- Tooth paste & toothbrush
- Camera
- Phone charger

FRIDAY
08/09

Potluck Dinner
Arts and crafts
Bonfire and smores

SATURDAY
08/10

Breakfast
Tie Dye
Group Photo
Archery

Open swim Boating Fishing
Lunch
Ziplining/high ropes

Dinner
Ghost in the Graveyard
Bonfire and Smores

SUNDAY
08/11

Breakfast
Closing Activity
Clean and pack up

REGISTER NOW!

<https://lp.constantcontactpages.com/ev/reg/xq4fyrb/lp/11e96060-b305-411b-9b10-716306b44fd1>

