



Adult Retreat

June 3-5, 2025
Washington Family Ranch
Currant Creek Lodge
Antelope, Oregon

We invite you to flok’s second Adult Retreat! This 2-day event is an opportunity for adults to connect, learn, and relax in a beautiful camp setting. Open to community members 21+ with Classical HCU, MSUD, an Organic Acidemia, PKU, Tyrosinemia, or a Urea Cycle Disorder.



Adventure

Enjoy a flexible schedule that lets you choose your own fun. From hiking trails to lakeside lounging, go-karts to campfire s’mores – there’s something for everyone! The ranch also features a Sports Center, climbing walls, and a disc golf course.

Support

Find a sense of belonging with a community who understands your lifestyle. Share experiences, challenges, and triumphs, and find inspiration for navigating adulthood with a metabolic condition.

Low-Protein Food

Savor freshly prepared meals and snacks tailored for all protein tolerances, with supplies provided for group culinary fun.

Cost
\$20

with travel reimbursement available

Registration

opens mid-March

To register or for more information email Kristen Vanags at kristen@flok.org

Learn more at flok.org/adults

"I was able to talk about life as an adult with PKU – about work-life balance, insurance coverage, and hear people’s experiences with certain treatments. It gave me a lot of perspective."

- James, adult with PKU

"Chatting with other people who are motivated to have good management of their condition helped me create a more consistent diet and routine for myself when I got back."

- Lynn, adult with PKU