



# Find Your flok at



Join us for a memorable experience at **flok Family Camp** where our metabolic community gathers to celebrate, connect, and learn together. If you have **Classical HCU, MSUD, PKU, an Organic Acidemia, Tyrosinemia, or a Urea Cycle Disorder** or care for someone who does, **flok Family Camp** welcomes you!

## Camp Fun for Everyone

Choose your adventure and engage in activities, crafts, and education sessions for all ages and abilities. From water sports to field games, and silent discos to community fairs – there's something for everyone at Family Camp!

## A Community That Gets You

Come together with a group of people who understand what it's like to navigate a metabolic condition. Whether you're a child, caregiver, or adult – you'll find support, motivation, and inspiration from a welcoming community where you belong.

## Tasty Low-Protein Meals

Forget the food prep! Camp includes delicious, freshly prepared low-protein meals and snacks. Savor some of your favorite recipes from Cook for Love, or try something new from our menu that caters to a range of protein tolerances.

Learn more  
at [flok.org/  
camp!](https://flok.org/camp/)





## Hear from our campers:

"Seeing other kids and adults at camp be positive about their metabolic conditions was really confidence-building for my daughter."

- Ting Ting, mother of daughter April with tyrosinemia type 3

"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 from camp."

- Lynn, adult with PKU

"Meeting parents and children with PKU made us feel like we belong to a community, rather than being out on an island."

- Kevin, father to son Riley with PKU

"Camp is my favorite vacation every year! It's fun to meet and spend time with people who have conditions like mine."

- Indie, child with MSUD

