

What to bring

- Hat (for the sun or rain)
- Water bottle
- Clothes to get messy
- Rain gear
- Sandals or water shoes
- Suntan lotion
- Sturdy footwear
- Personal items
- Warm clothes (long sleeves and pants)
- Swimsuit and towel

Please DO NOT BRING:

Personal electronics, expensive jewelry, or other valuable items that could easily be damaged or lost.



For More information,
please contact:

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Children's Hospital Boston

Children's Hospital Boston
1 Autumn St. Rm 526
Boston, MA 02215

Teen Challenge
2009

Teen Challenge 2009



presented by:

Children's Hospital Boston
Metabolism Program

Boston, Massachusetts
August 5th-8th, 2009

Challenge Yourself!

A challenge provokes, stimulates, or incites us. We confront challenges everyday. When faced with a challenge, our response and action molds and defines our character.

Teen Challenge is meant to be a challenge! Activities are planned to engage you, excite you, and push you outside of your comfort zone.

Teen Challenge will allow you to try new experiences that you may never have thought you could do. Your individual strengths will shine as you become an essential part of a team and form friendships.

We hope you'll join us for the fun and adventure that lies ahead.

Who can go?

Teen Challenge 2009 is designed especially for teenagers (ages 13-18 years) with PKU or other metabolic conditions.

Expenses

Teen Challenge 2009 will cost \$375 per participant, which includes all food, lodging, and planned activities. A \$75 non-refundable deposit is required upon registration.

The registration form and full payment is due July 1, 2009. Registration is on a first come, first serve basis.



Please make out all checks to "PKU Fund-Children's Hospital Boston." Send the registration form and check to Vera Anastasoae. (Contact information can be found in the flyer.)

Scholarships and financial aid are available. Please contact Vera Anastasoae or Tiffany Bowlby for more information.



Food

Low protein meals will be provided. FORMULA WILL NOT BE PROVIDED. Please be sure to bring enough formula to last the duration of the trip, along with a mixing container. Coolers will be provided.

What to look forward to

We will be inside, outside, near, far, on land, and in the air. First, we will "train our heads to think on their feet" with a trip to the Improv Asylum, a comedy theater that features improvisation and sketch comedy. Next, we are going to host a feast for the taste buds. We will have a culinary battle with a team of judges to determine the Iron Chef of low-protein food. Finally, we will fly through the air with greatest of ease, as we try Trapeze School! Trapeze School is designed to challenge participants and discover what they may be capable of, all in a safe and fun environment.

Wednesday August 5: Meet at Children's Hospital Boston lobby in the late afternoon

Saturday August 8: Meet back at Children's Hospital Boston lobby at 3pm