

The California Department of Public Health presents the Maternal PKU Camp/Conference.

This camp/conference provides a unique opportunity for young women with phenylketonuria (PKU) to live and learn together in a supportive and fun environment.

The goals of the camp/conference are to assist participants to:

- ❖ learn about nutrition and the low protein diet
- ❖ learn the importance of following the PKU diet throughout life and especially prior to and during pregnancy
- ❖ develop diet self-management skills
- ❖ discuss PKU-related issues and how they affect campers' lives
- ❖ share experiences and make friends with other young women who have PKU

There will be cooking classes featuring nutrition education, basic cooking skills and hands-on preparation of tasty, low-phe food.

In addition, there will be group discussions, guest speakers and videos which will address important issues for women with PKU. Recreational facilities such as the pool and student union will also be available for use by campers.

This year's Camp will be held in the San Fernando Valley, just north of Los Angeles at the Marilyn Magaram Center at Cal State Northridge.



Getting there

All participants will be responsible for their own transportation to and from the camp. A shuttle will be available to pick-up and drop-off campers at the Burbank Airport or the Greyhound bus terminal. If you need help with travel arrangements, or would like to carpool with other campers, please call the contact person listed in the "For more information" section.

Accommodations and facilities

Each camper will be assigned a roommate and will share a double room in a two bedroom suite on the CSUN campus. Staff rooms, a lounge and laundry facilities will also be available on site.

Who may attend

Young women with PKU who are 14 years or older, or who are 13 years and will be in the 9th grade this fall, are eligible to attend. Returning campers and residents of other states will be accepted as space and staffing permit. We reserve the right to limit participants based on previous camp attendance.

Registration information

The cost of the 2010 Maternal PKU Camp/Conference includes room, board, and group sponsored activities:

California residents	\$125.00
Out-of-State Residents	\$475.00

A completed application packet, health history, consent/release form, and a \$50.00 deposit must be mailed back by April 30, 2010. The balance is payable when campers arrive at camp.



_____ YES, I am interested in going to camp. Please send me the application form.

_____ I know someone who might want to go to camp. Please send me:

_____ # of brochures

_____ # of application form

First Name _____

Last Name _____

Address _____

City _____

State _____ Zip _____

Telephone # () _____

Best time to call you: _____

Please complete this request for a application form and mail to:

**Attn: Norah Ojeda
California Department of Public Health
Genetic Disease Screening Program
Newborn Screening Branch
850 Marina Bay Parkway, F175
Richmond, CA 94804**

After we receive the deposit and application form, campers will receive more information including a confirmation letter and directions to camp.

The application is also available at www.cdph.ca.gov/nbs under News, Hot Topics & Updates.

For more information

Call Norah Ojeda at the Genetic Disease Screening Program of the California Department of Public Health, (510) 412-1504.



We reserve the right to limit participants to first-time campers who are California residents. Deposits are refundable upon request prior to May 14, 2010 (minus a \$15 processing fee).

The Maternal PKU Mini Camp/Conference is sponsored by the Genetic Disease Screening Program, California Department of Public Health. Formula samples, food products and other items have been generously donated by individuals and private corporations.

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Genetic Disease Screening Program
Presents the

Maternal PKU Camp/Conference

June 20 - 25, 2010

Marilyn Magaram Center for Food
Science, Nutrition and Dietetics
California State University, Northridge



*A Camp/Conference for
Young Women With PKU*