



food allergy • eczema • asthma support team

***Please join us for three special food allergy events
on Saturday, August 22, 2009
at Magnuson Park in Seattle!***

***1. The Second Annual Walk for Food Allergy: Moving Toward a
Cure, to benefit the Food Allergy and Anaphylaxis Network
(FAAN)***

- **Time:** Registration opens at 8 a.m.; Walk starts at 10 a.m.
- **Location:** Warren G. Magnuson Park, Seattle WA
Junior League Parking Lot (74th St Entrance)
- Form a team of tweens or teens or register yourself, but support this great cause! More info and registration at www.foodallergy.org.

***2. All Ages Concert with Kyle Dine, Canadian Musician and Food
Allergy Advocate***

- **Time:** 11 a.m. (directly following the Walk)
- **Location:** Same as above
- **About Kyle:** Kyle is a young adult with food allergies himself. He is a tireless advocate who has used his musical talent to reach out to food allergic and non-food allergic individuals alike. Kyle also works at Anaphylaxis Canada where he has recently developed a website devoted to food allergic teens, Why Risk It, www.whyriskit.ca. He will be recognized for all his hard work as the Honorary Chair for this year's FAAN Walk. Don't miss this chance to hear his music and meet him in person! Learn more about Kyle at www.kyledine.com.

3. Tween/Teen Event with Kyle Dine

- **Time:** 3:30-5:30 p.m. Team-Building Exercises and Discussion
6-7:30 p.m. Kayak Adventure on Lake Washington
 - **More important details on next page!!**
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***For more info about all three events, visit
www.wafeast.org.***

More on the Washington FEAST
Tween/Teen Event with Kyle Dine

3:30-5:30 PM Why Risk It? Discussion and Team Building Exercises

Kyle will lead the group through some team building exercises and discussion around what it is like to be a teen with food allergies

- Location: Magnuson Community Center, Building 406, View Ridge Room
- Cost: Free

5:30-6 PM Dinner Break

- Please bring your own safe dinner. Suggested foods: rice, corn, meat, vegetables, fruit.
- Please no peanuts, tree nuts, dairy, eggs, seeds, fish, shellfish, soy or wheat.
- We will provide some snacks that are allergen-free and work for all participants.
- Cost: Free

6:00- 7:30 PM Sea Kayaking on Lake Washington

Next the group will venture out onto Lake Washington for a sea kayaking adventure. No experience necessary.

- Location: Magnuson Park, Seattle Raft and Kayak, Northshore Beach
(www.seattleraftandkayak.com)
- Cost: \$25 to cover kayak rental and guide.

***** IMPORTANT: All tween/teen participants MUST:**

- provide a food allergy emergency response plan;
- have a parent sign a waiver agreement (available at event) or be present on site during the event (available on FEAST website soon);
- be responsible for carrying their own epinephrine during the event; and
- wash hands before and after eating.

Please visit the Washington FEAST website for a registration and waiver form available soon, www.wafeast.org/kyledine. Questions? Kelly Morgan 206-781-5581