

Join ILO families for a



Hike, Bike & BBQ

Along the C&O Canal | Sunday, May 22, 2022 | 9 a.m.



Come Join Us!

Each year ILO families come together for an amazing picnic and spending time together sharing, caring, and having fun while enjoying the outdoors.

Whether you belong to ILO or not, **everyone is welcome**. This is a great opportunity to meet ILO's self-advocates and their families and to learn more about independent living for individuals with development disabilities.

\$40 covers your t-shirt plus food and drink at the picnic.

The Event

9 a.m.

Start gathering at [Carderock Recreation Area Pavilion](#)

9:30 a.m.

Hangout and visit with others at the pavilion, or hike or bike to Great Falls (8 miles RT or as far as you want)

11 a.m. – 1 p.m.

BBQ at picnic area and pavilion

Questions?

Contact us at: info@ilonow.org

Sponsor or Donate

Become a [Sponsor or Donor](#)

<https://www.ilonow.org/hbb2022-sponsor>



Register for this Event

<https://conta.cc/3H8G0sD>

