

# Bring Family or Friends to Hike, Bike & BBQ and WIN!

For every additional family member (outside your immediate family), or friend that you bring to the 2023 Hike, Bike and BBQ event, you will receive an ILO STAR – good towards prizes (see below). The more people you bring, the more ILO STARS you will win, the more chances you will get.

## Rules:

- Dogs don't count as family, or friend (*even though they are*).
- Family member or friend must not already be a member of ILO.
- Must pay the \$45 registration fee (*or you can pay for them*) – they get a t-shirt too.



## HBB Prizes:

### \$250 Giant Gift Card Prize Drawing

Everyone who gets at least 1 ILO star will be entered into a drawing for a \$250 Giant gift card – to use for your family, your ILO self-advocate, or to gift to someone else.

### Self-Advocate Prize Drawing

Self-Advocates who invite and bring an additional friend or family member (same rules apply) will be entered into a drawing for an Amazon Echo, plus 2 free hours of Life Coaching to set it up (know that you might have to teach the Life Coach but together you will figure it out).



- Touchscreen and stereo speakers
- Make video calls.
- Get daily recipe ideas, with step-by-step instructions.
- Be entertained.
- Have a digital photo album.
- Play games with Alexa.

# Friends \* Family \* Food \* Fun

[www.ilonow.org/hbb2023](http://www.ilonow.org/hbb2023)