

Narcolepsy Network's Long Island Support Group Invites You and Members of Your Family ...

To: A Summer Picnic

When: Sunday, Aug. 15, 2010 (Rain date: Sunday, Aug. 22)

Where: Bethpage State Park Picnic Area

(Look for the blue and orange balloons)

Time: 12:00 Noon - 4:00 PM

Please RSVP to ssmith@narcolepsynetwork.org or call Sharon at (516) 496-8507.

Car-pooling is encouraged to share the \$8.00 per car NYS parking charge. When responding please indicate whether you need or can provide a ride and we'll do our best to fill your request.

Detailed driving and public transportation instructions will be sent upon request.

Soft drinks, water, coffee and light snacks will be provided. Bring a picnic lunch and other goodies. Barbecue grills are available – you must supply the charcoal, lighter fluid, aluminum foil and BBQ implements.

There is a playground on site for the kiddies!

The picnic area is shaded but sunscreen and insect repellent could come in handy!

Everyone is encouraged to nap before the drive home. A reclining beach chair is all you need!