



For Immediate Release

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Spring Prostate Gathering Hike, Bike, & Camp on the San Mateo Coast Sunday, April 2, 2017 returning Tuesday, April 4, 2017

Santa Rosa, CA. The Prostate Awareness Foundation (PAF) will once again be sponsoring a Spring Prostate Gathering at Costanoa on the San Mateo County coast beginning on Sunday, April 2, and running through April 4th. This will be the 5th year the PAF is hosting this outdoor gathering of the health conscious. The event is designed to help men and their loved ones participate in the four components of pro-active healing: healthy diet, exercise, stress management and a zest for life.

Costanoa Resort close to Pescadero provides close access to three California State Parks: Big Basin, Butano and Ano Nuevo. April on the Pacific Coast is wild flower season and the Sea Lions will be gathering at Ano Nuevo State Beach. Spring on the coast is wildflower season. Trees are in full bloom and the waterfalls should be spectacular this year with all the rain.

Participants can choose to tent camp, rent a well-appointed tent cabin or stay in one of the resort hotel rooms. Prostate friendly meals will be provided. Activities are designed to cater to various fitness levels. The choices include: hiking the redwood trails in Butano State Park, bike and hike in Big Basin State Park, an easy shoreline hike in Ano Nuevo State Beach to visit the Sea Lion colony, or simply take a stroll on the ocean sands close to Costanoa. Total cost of camping and food for campers is \$100; \$75 for those choosing to glamp or to stay in the lodge.



The Prostate Awareness Foundation, a 501(c)(3) not-for-profit educational foundation is based in Santa Rosa, California, the PAF provides free information and education about available treatments, pros and cons of various protocols. The focus is on preventative measures, nutritional support, exercise and stress management techniques. The PAF encourages men to take a pro-active posture toward prostate health. PAF

helps men both nationally and internationally, and **ALL PAF services are free of charge.**

Contact Ken Malik for more information at 415-675-5661, or visit the PAF website for further details: www.prostateawarenessfoundation.org

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