

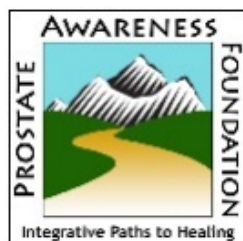
PROSTATE AWARENESS FOUNDATION

Outdoor Events Calendar - 2017

DAY	DATE	EVENT	PARTICULARS
Sat	3/18	Bill Kortum Memorial Hike	Shell Beach, Sonoma Coast <i>Bill Kortum was Sonoma County's premier environmental activist. Kortum was instrumental in stopping the nuclear power plant planned for Bodega Head. He also helped create the California Coastal Commission which set limits on development along the entire California Coast and founded Sonoma County Conservation Action. Bill passed away after a three-year battle with prostate cancer.</i>
Sun	4/2	Spring Prostate Gathering	Costanoa Resort, San Mateo Coast
Mon	4/3	2 nights camping, hiking, biking.	Tent Cabins & Resort Rms. available
Mon	6/12	Early Summer Prostate Gathering	Mt Lassen Volcanic Ntl. Park
Tues, Wed,		3 nights camp, hike & snowshoe	Return Thursday
Sun	7/9	Cancer Climb & Trek for Prostate Awareness	Mt Shasta, CA
Thru Thurs.		5 nights camping. Climbing or Trekking Team	Return Friday
Sun	8/6	High Country Prostate Gathering	Tuolumne Meadows, Yosemite
Thru Thurs.		5 nights camping and hiking	Return Friday
Mon	12/18	Winter PAF Snowshoe & Hike	High Sierras
Tues & Wed		3 nights hotel	Return on Thursday

These campouts & hikes are a great way to meet those of similar interest, to get or stay in shape and to pro-actively take care of yourself. Hiking poles are often helpful, and a headlamp is a smart addition to your pack. Please contact Ken Malik to let us know you will participate and to plan logistics and carpools. He's at 415-407-3961 or send an email to him at kamalik@prostateawarenessfoundation.org

The PAF also sponsors weekly Bay Area hikes. Hope to see you on the trail!



Fact: recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression.

www.ProstateAwarenessFoundation.org
Integrative Paths to Healing