



Quarry Hill Botanical Gardens

Glen Ellen, Sonoma County

Prostate Awareness Foundation

Christmas Eve Walk/Hike

Sunday, December 24, 2017 – 9AM MEET-UP!

Easy and Leisurely

3 hours, 100' elevation gain, 2-3 miles

Quarry Hill Botanical Gardens is a beautiful, private botanical gardens located in Glen Ellen on Hwy #12 in the Valley of the Moon, on the east side of the highway just south of the Oakville/Trinity Grade (12841 Hwy # 12) The landscape is composed completely of Asian plants and trees. GOOD NEWS: for the remainder of 2017 the normal entry fee of \$15 has be waived due to the fires. This is a truly beautiful and tranquil setting. The venue is really more a walk than a hike. Come join us, the more the merrier. NOTE THE 9AM MEET UP, please be on time.

You do not have to have prostate issues to participate, but trail talk is often about prostate and health related subjects. Women are most welcome to join in.

As always, wear layered clothing; bring plenty of water; your lunch; and a positive attitude!

Contact Ken Malik no later than 5pm on Saturday night to let us know you are planning to participate and so we can arrange carpooling and logistics. Email Ken at kamalik@prostateawarenessfoundation.org or call him at 415-407-3961.

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. These weekly hikes are a great way to meet those of a similar interest, to get or to stay in shape, and to pro-actively take care of yourself.

www.prostateawarenessfoundation.org