

PROSTATE AWARENESS FOUNDATION

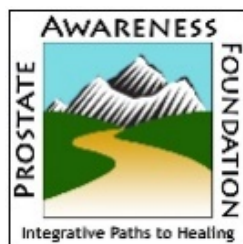
Outdoor Events Calendar - 2018

DAY	DATE	EVENT	PARTICULARS
Sat	3/24	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>
Sat.	4/21	Sebastopol Apple Blossom Parade	Sebastopol, Sonoma County
Sat	6/2	PAF Annual Garage Sale	Healdsburg, Sonoma County
Sat	6/16	Sky Dive for Prostate Awareness	Cloverdale, Sonoma County
Sun	8/19	Summer Prostate Gathering	Kings Canyon Ntl. Park
Thru Thurs.	8/24	5 nights camping, hiking, relaxing 4 th Annual Jan Zlotnick Memorial	Sierra Nevada Mountains
Sun	9/9	Cancer Climb & Trek for Prostate Awareness	
Thru Wed.	9/19	Peruvian Andes, Machu Picchu, Cuzco and the Sacred Valley	

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. Please contact Ken Malik to let us know you will participate and to plan logistics and carpools @ 415-407-3961 email to him at kamalik@prostateawarenessfoundation.org

The PAF also sponsors weekly Sunday morning hikes in the San Francisco Bay Areas. See the PAF website for details.

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