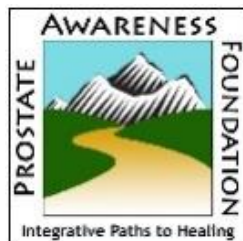


## Prostate Awareness Foundation Outdoor Events Calendar - 2018

| DAY            | DATE | EVENT  | PARTICULARS                    |
|----------------|------|--|--------------------------------|
| Sat.           | 4/21 | Sebastopol Apple Blossom Parade  | Sebastopol, Sonoma County      |
| Sun.           | 4/29 | Spring Prostate Gathering  | Big Basin / Butano State Parks |
| And            |      |  |                                |
| Mon.           | 4/30 | Hike, Bike & Camp  | San Mateo County               |
| Sat.           | 5/5  | Windsor Parade   | Windsor, Sonoma County         |
| Wed.           | 7/4  | Sonoma Parade  | Sonoma, Sonoma County          |
| Sun.           | 6/3  | 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         |
| TO Friday 8/24 |      | 5 nights camping, hiking, relaxing<br>4 <sup>th</sup> 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 outdoor activities are a great way to meet those of similar interest, to get or stay in shape and to pro-actively take care of yourself. For the hikes, 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](mailto:kamalik@prostateawarenessfoundation.org)

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




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*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](http://www.ProstateAwarenessFoundation.org)**  
*Integrative Paths to Healing*