



PROSTATE AWARENESS FOUNDATION

Outdoor Events Calendar - 2018 - REVISED

DAY DATE	EVENT	PARTICULARS
Saturday, 6/16	Sky Dive for Prostate Awareness At the Cloverdale Airport	Sonoma County
Wednesday, 7/4	City of Sonoma Parade	Sonoma County
Sunday, 8/19 to Friday, 8/24	Summer Prostate Gathering Kings Canyon Ntl. Park 5 nights camping, hiking, relaxing	Southern Sierras
Sunday, 9/9 To Wednesday, 9/19	Cancer Climb & Trek for Prostate Awareness Peruvian Andes, Machu Picchu, Cuzco	

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 at 415-407-3961 email 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.



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