

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am (9am this week)



**Coit Tower, Telegraph Hill and North Beach
San Francisco**
Sunday, July, 8, 2018 - 9:00am
Easy, 4 hours, 100'+ elevation gain, 3 miles

PLEASE NOTE: Coit Tower doesn't open until 9:00am, so we are starting an hour later than usual. This week's hike is really more of a walk than a hike, so you do not need to be in particularly great shape to participate. We will meet at the corner of Bay Street and Mason Street promptly at 9am. We will wander thru some of the historic streets of North Beach, climb up Telegraph Hill and visit Coit Tower and its beautiful murals.

Wear layered clothing; bring water and a snack. No need for hiking poles for this city walk.

Please 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. You can email Ken at kamalik@prostateawarenessfoundation.org or give him a 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.

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Integrative Paths to Healing