

PROSTATE AWARENESS FOUNDATION WEEKLY HIKE

Sundays at 8:00am



Tolay Lake Loop

Petaluma, CA

Sunday, December 23, 2018 @ 8am

Easy to Moderate

4 - 5 hours, minimal elevation gain, 8 miles

New trails at Tolay Lake Regional Park just opened in late October. The park is situated in the wetlands north of San Pablo Bay in SE Petaluma. This area is a birders paradise. Come join us and let's explore this wonderland together. We will meet at the trailhead at 5869 Cannon Lane in Petaluma. There is a \$7 entry fee. Let's think carpooling.

The hike starts at 8am, please be on time. Bring a snack, layered clothing, hiking poles if you have them, and plenty of water. This is an out and back hike.

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. Call 415-407-3961 or email him at kamalik@prostateawarenessfoundation.org.

Hope to see you on the trail!

HAPPY HOLIDAYS!



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