

For Immediate Release

March 7, 2019

Contact: Ken Malik @ 415-675-5661or kamalik@prostateawarenessfoundation.org

**Prostate Awareness Foundation
Spring Hike & Bike in the Santa Cruz Mountains
Big Basin State Park, Monday, April 15, 2019 9am**

Santa Rosa, CA The Prostate Awareness Foundation (PAF) will once again be sponsoring a Spring Hike and Bike from the ocean side of Big Basin State Park on the San Mateo Coast. This will be the 5th year the PAF is hosting this amazing outdoor experience. April on the Pacific Coast is wild flower season and the waterfalls will be at their magnificent best.



The PAF, a 501(c)(3) not for profit educational foundation is based in Santa Rosa, California. The Foundation provides patient driven information to men and their families dealing with prostate health issues. The focus is on preventative measures, nutritional support, exercise and stress management techniques. For the past twenty years the PAF has helped and encouraged men to take a more pro-active approach toward their prostate health. PAF helps men both nationally and all over the globe. **ALL PAF services are free of charge.**

For more information, email Ken Malik at kamalik@prostateawarenessfoundation.org or call him at 415-675-5661.



Photo by Miquel Vieira