



2023 Calendar of Events

PROSTATE AWARENESS FOUNDATION

www.ProstateAwarenessFoundation.org

Monthly - Discussion and Support Group Meetings - Via Zoom

3rd Wednesdays of the month

@ 5pm PST, 6pm MST, 7pm CST, 8pm EST

Weekly - Prostate Awareness Foundation Hiking Program

PAF sponsored hikes on Mondays in the San Francisco Bay Area/North Bay Area

Saturday, March 18th - 8th Annual Bill Kortum Memorial Hike

@ 11am. Easy hike on the Sonoma Coast

August 2023 - Dates and Location - to be determined

Summer Prostate Gathering Camping and Hiking in the High Sierra Mountains

Friday, September 29th to Sunday, October 7th

21st Annual Cancer Climb and Trek for Prostate Awareness - Jim Cozad Memorial Mt Washington in the White Mountains of New Hampshire followed by a fall foliage tour for some of the participants.

Fall Prostate Gathering - Dates and Location - to be determined

PAF sponsored hikes last between 3 & 7 hours. Elevation gains vary from a few 100' to over 2,000', and distances vary between 3-12 miles. Some hikes are designed so you can shorten the length and still feel like part of the group. You do not have to have prostate issues to participate, **and women are most welcome to join in**, but trail talk is often about prostate health related subjects. This is a great way to meet people of similar interest and get or stay in shape. Bring your lunch, water & a positive attitude. Get in touch with Ken Malik at 415-407-3961 or email kamalik@prostateawarenessfoundation.org to let us know you are coming and to plan logistics and carpools. *We hope to see you on the trail!*

