



2024 Calendar of Events

PROSTATE AWARENESS FOUNDATION

www.ProstateAwarenessFoundation.org

Monthly - Discussion & Support Group Meetings - Via Zoom
3rd Tuesday of each month
5pm PST, 6pm MST, 7pm CST, 8pm EST

Monthly - In Person Support Group Meetings - 3rd Tuesday of each month from 7-9pm. 657 Acacia Lane, Bldg. B, 1st Floor, Santa Rosa, CA 95409

Weekly - Monday PAF Hiking Program.

PAF sponsored hikes at 9am on Mondays in the San Francisco Bay Area/North Bay Area.

**Spring Retreat - Friday, April 26th to Sunday, April 28th.
Guerneville Lodge, Russian River, Sonoma County, CA**

**Free Fallin' Sky Dive for Prostate Awareness, Saturday, June 15th.
Novato, CA**

Summer Prostate Gathering -July 21-25th

Camping and Hiking in the Southern Cascade Mountains
Mt Shasta - Lake Siskiyou, California

Fall Prostate Gathering - September - Dates and Location to be determined shortly.

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.** 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!*

