

## PROSTATE AWARENESS FOUNDATION EVENTS CALENDAR 2024

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

**Monthly -** In Person Support Group Meetings - Last Wednesday of the month from 7-9pm. 657 Acacia Lane, Bldg. B, Community Room, 1<sup>st</sup> Floor, Santa Rosa, CA 95409

Weekly - Monday PAF Hiking Program.

PAF sponsored hikes at 9am on Mondays in Sonoma & Marin Counties in the North Bay and the San Francisco Bay Area.

<u>Spring Retreat</u> - Friday, April 26<sup>th</sup> to Sunday, April 28<sup>th</sup>. Guerneville Lodge, Russian River, Sonoma County, California

Free Fallin' Sky Dive for Prostate Awareness -Saturday, June 15<sup>th</sup> at Gnoss Field in Novato, California

**Summer Prostate Gathering -** July 21<sup>st</sup> to 25<sup>th</sup> Camping and Hiking in the Southern Cascade Mountains Mt Shasta - Lake Siskiyou, California

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

The Prostate Awareness Foundation (PAF) offers information, support, and education about the treatment options available to those with prostate concerns. The object is to lessen the trauma, impact, problems, and depression associated with the disease and to encourage proactive responsibility for one's own healing. We also offer information to those who wish to take a preventative approach to the disease. Based in Santa Rosa, in Sonoma County California, we have been providing this service, nationwide since 1995.



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Integrative Paths to Healing