



2024 Calendar of Events

PROSTATE AWARENESS FOUNDATION

Integrative Paths to Healing

Monthly - Discussion & Support Group Meetings – Via Zoom

3rd Tuesdays at 5pm PST, 6pm MST, 7pm CST, 8pm EST

Statistics indicate that cancer patients in support group settings live twice as long as those not involved. Come join us for support, information and discussion. And recent clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression.

Weekly - PAF Hiking Program. Mondays at 9am

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. Difficulty varies as do some start times. 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 us though trail talk is often about prostate health related subjects. PAF hikes are a great way to meet people of similar interest and get or stay in shape. Bring your lunch, water & a positive attitude. Call 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!*

October 28 th	Bodega Head Exploration
November 4 th	Monte Rio Exploration
November 11 th	China Basin State Park
November 18 th	Skyline Wilderness, Napa
November 25 th	Pantoll to Muir Woods and back
December 2 nd	Golden Gate Park
December 9 th	Lucas Valley Open Space
December 16 th	Mt Whittenberg Loop
December 23 rd	No Hike Scheduled due to the holidays
December 30 th	Taylor Mtn

Holiday Gathering Party & Potluck. Saturday, Dec. 7th from 12:30-4:30.
2018 Mission Blvd., Santa Rosa, CA 95409

www.prostateawarenessfoundation.org