



2025 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.

Weekly - PAF Hiking Program. Mondays at 9am

And recent clinical studies indicate that men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression. 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 PAF hikes are a great way to meet people of similar interests and get or stay in shape.

Most PAF sponsored hikes start @ 9am on Mondays in the San Francisco Bay Area with a majority set in the North Bay Area. Difficulty varies as do some start times.

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| Feb. 10 | Jack London State Park, Sonoma County | Easy – Moderate |
| Feb. 17 | Golden Gate Park Arboretum, SF | Easy – Moderate |
| Feb. 24 | Helen Putnam County Park, Petaluma | Moderate |
| March 3 | Hearts Desire Beach, Pt Reyes National Park | Moderate – Hard |
| March 10 | Shiloh Ridge Park, Windsor, Sonoma County | Moderate |
| March 17 | Indian Tree Trail, W. Novato, Marin County | Strenuous |
| March 22 | 10 th Annual Bill Kortum Memorial Hike at the Sonoma Coast | |
| *Special Saturday hike at 11am, | Bill Kortum Trail, Sonoma Coast | Easy – Moderate |
| March 31 | Mt Wittenberg Loop, Pt Reyes Nat'l Seashore, Marin | Strenuous |

Other Upcoming Events

March 30 PAF Spring Gathering, Picnic and Potluck - Spring Lake, Santa Rosa, CA

*Sunday from noon to 4pm – Upper Jack Rabbit Picnic area

TBD PAF Spring Retreat

www.prostateawarenesssfoundation.org