



# 2024 Calendar of Events

## PROSTATE AWARENESS FOUNDATION

[www.ProstateAwarenessFoundation.org](http://www.ProstateAwarenessFoundation.org)

**Monthly - Discussion & Support Group Meetings - Via Zoom**  
3<sup>rd</sup> Tuesday of each month

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

**Monthly - In Person Support Group Meetings - 3<sup>rd</sup> Tuesday of each month from 7-9pm.** 657 Acacia Lane, Bldg. B, 1<sup>st</sup> 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.

**Free Fallin' Sky Dive for Prostate Awareness,**

Sunday, June 16<sup>th</sup>, Cloverdale Airport, Cloverdale, CA

**Summer Prostate Gathering - July 21-26<sup>th</sup>**

Camping and Hiking in the Southern Cascade Mountains

Lake Siskiyou Resort / Mt Shasta, California

**Fall Prostate Gathering - October 10-15<sup>th</sup>**

Camping, hiking, biking, kayaking - Mackerricker State Park.

Ft Bragg. California

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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](mailto:kamalik@prostateawarenessfoundation.org) to let us know you are coming and to plan logistics and carpools. *We hope to see you on the trail!*

