



2024 Calendar of Events

PROSTATE AWARENESS FOUNDATION

Integrative Paths To Healing

www.ProstateAwarenessFoundation.org

Monthly - Discussion & Support Group Meetings - Via Zoom

3rd Tuesday of each month

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

Weekly - Monday PAF Hiking Program.

PAF sponsored hikes start 9am on Mondays in the San Francisco Bay Area/North Bay Area. Difficulty varies as do some start times.

Special Super Full Moon Walk. Thursday, Oct. 17th @ 6:15PM

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

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 him to let us know you are coming and to plan logistics and carpools. *We hope to see you on the trail!*

