

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

MONDAYS AT 9 AM



Petaluma Wetlands Hike
Petaluma, Sonoma County
Martin Luther King Day
Monday, January 20, 2025 - 9am
Easy 3 hours, 0" Elevation – Up to 5miles

To get to the trailhead, take Lakeville Hwy east to Baywood Drive and make a right into the parking lot (745 Baywood Dr) by the Marina. We'll hike along the river through the Alman Marsh to Shollenberger Park and do the park loop, then back through the Alman Marsh. This loop hike can be extended with a visit to Ellis Creek and around its multiple ponds. To learn more about this unique area, visit [www. Petalumawetlands.org](http://www.Petalumawetlands.org).

Bring your binoculars if you have them, this is bird-watching country. Wear layered clothing, bring water and a snack.

How about lunch in Petaluma afterwards?

Please contact Ken Malik **no later than 5pm on Sunday night** to let us know you are planning to participate and so we can arrange carpooling and logistics. Email Ken at kamalik@prostateawarenessfoundation.org Or call him at 415-407-3961

Hope to see you on the trail!



Fact: Clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression. These weekly hikes are a great way to meet those of a similar interest, to get or to stay in shape, and to proactively take care of yourself.

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Integrative Paths to Healing