

PROSTATE AWARENESS FOUNDATION HIKING PROGRAM

Please note special time: **10:00am**



Golden Gate Park Exploration, San Francisco
Monday, February 17, 2025, *** 10am *******
3 Hours, 150' Elevation Gain, 3-4 miles
EASY

We'll meet just inside the park in front of the Arboretum at 9th Avenue and Lincoln Avenue. If you are not a San Francisco resident come **a little before 9am** if you want to avoid the Arboretum entrance fee (\$8).

We'll explore the Arboretum and then hike/walk around to Stowe Lake and up Strawberry Hill and back.

Some of us may want to go to lunch after the hike.

Wear layered clothing. Bring water & snacks and a smile!

Please contact Ken Malik no later than 5pm on Sunday night to let us know you are planning to participate and to 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