
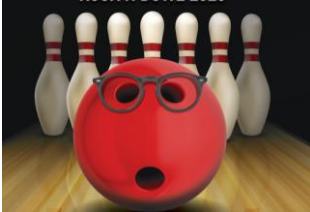






MARIN-SONOMA UPCOMING COMMUNITY EVENTS

Date	Event	Details
Mar 10 5-7 p.m.	Life Care Planning Workshop – everyone is welcome! 	Join a free Life Care Planning workshop at Kaiser Permanente Santa Rosa at 401 Bicentennial Way. Taught by an attorney and a Palliative Care social worker, attendees learn about advance health care planning, choose an agent to represent them and put their wishes in writing. Complimentary Notary Services is available at the workshop. Registration is required – call 707-393-4167 or 707-566-5277. Please check the Class Calendar in the lobby for the location on the event date.
Apr. 3 7:30 p.m.	 PPSC Rock N Bowl 2020 AMF Boulevard Lanes, 1100 Petaluma Blvd. South	Petaluma People Services Center (PPSC) presents “2020 Our vision is clear the 29 th Annual Rock N Bowl.” Get your goofy glasses, form a team, raise a lot of money and join PPSC as we define our vision for the next 46 years. Make a difference in your community, help PPSC continue to provide over 60 programs to the community and thousands of residents that receive our services. Reserve your lane by March 27. Call PPSC at 707-765-8488 today to reserve a lane and get tips on how to form a team. For more information, please visit: www.petalumapeople.org .
Apr. 21 11 a.m. – 2 p.m.	 Petaluma Walking Day Shollenberger Park	Get out and walk! Your heart will thank you. Join local businesses, foster healthy habits, browse the health fair at one of the city's largest annual walking events. For more information, email: phcd.org/petalumawalkingday.php
Apr. 21 2-4 p.m.	Life Care Planning Workshop – welcomes all members of the community! 	Join a free Life Care Planning workshop at Kaiser Permanente Santa Rosa at 401 Bicentennial Way. Taught by Attorney Janice Sternfeld and Palliative Care Social Worker Brian Griffiths, attendees learn about advance health care planning, choose an agent to represent them and put their wishes in writing. Complimentary Notary Services available at the workshop. Registration is required by calling 707-393-4167 or 707-566-5277. Please check Class Calendar in the lobby for room location of the day.
Apr. 26		Register for the Marin County Half Marathon, 10K or 5K and get a 20% discount for you, family and friends. Use code “Kaiser” and if forming a team and/or fundraising, get an additional \$5 off. Fundraising efforts will benefits Cure Alzheimer's Fund. For more information, visit: http://marinmarathon.com/
Apr. 28 5:30-8:30 p.m.	Hops for Homes  Tuesday, April 28, 2019	Save the date for Hops for Homes, the COTS annual spring fundraiser and volunteer appreciation event at Lagunitas in Petaluma! Celebrate with live music from Foxes in the Hen House for dinner, raffle, kid activities, silent auction, volunteer recognition and more! Buy tickets at cots.org . Proceeds support COTS programs for families, adults and veterans.