



PROSTATE AWARENESS FOUNDATION

INTEGRATIVE PATHS TO HEALING

Post Office Box 2934, Santa Rosa, CA 95409

Telephone: 415-675-5661

www.prostateawarenessfoundation.org

Cancer Climb & Trek for Prostate Awareness

Mt Baker ~ 10,781'/3,286m

Northern Cascades National Park, Washington

July 10-18, 2015

- This year, over 200,000 men will be told they have prostate cancer
- Every 90 seconds another man is diagnosed with the disease
- 30,000 men will die from prostate cancer this year
- One of five men diagnosed will be under 60 years of age
- 30% of all US men have undiagnosed prostate cancer by age 60
- In many cases men are being over-treated for a disease which will not progress

Since 2001, a select group of prostate cancer veterans, their family members, loved ones and friends have been participating in the annual ***Cancer Climb for Prostate Awareness***. The 2015 expedition this July will summit Mt. Baker an impressive 10,781' peak in the Northern Cascades National Park. There will be 2 teams of participants: a climbing team, and a vitally important trekking team which will provide support for those who will go on to summit the peak.

For the expedition members, this is an opportunity to focus national attention on the prostate cancer epidemic while sending a message of action, hope and inspiration to those afflicted with the disease. Participants will raise critically needed funding for the non-profit *Prostate Awareness Foundation's* education and outreach programs. The PAF provides education and free information while encouraging men to take a pro-active posture toward prostate health. Prostate cancer will affect one in five families in the United States.

OUR GOALS

- Generate critically needed funding for prostate education, awareness & prevention programs
- Teach men how they can take a pro-active approach to prostate health
- Inspire men and their families with the knowledge that there is a rich and rewarding life after diagnosis

We would like you to be there with us in spirit when we test our endurance each day on the expedition. Please read the back of this flier for more information about how you can help.

The Prostate Awareness Foundation, the non-profit organization that sponsors these expeditions, provides men and their families with information about available treatment options both conventional and alternative for not only dealing with prostate cancer, but also BPH (benign prostatic hypertrophy). PAF also offers guidance about preventative measures, nutritional support and stress management techniques. The object is to help men and their families take a proactive approach to good prostate health. You can get more information about the foundation on the PAF website, www.prostateawarenessfoundation.org or by calling Ken Malik at 415-675-5661.

Prostate Awareness Foundation is a 501(c)(3) organization, EIN# 31-1633278



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Mt Baker - 10,781' / 3286m, Northern Cascades National Park, Washington

- Sponsor a Determined Expedition Member
- Contribute in the Memory of a Special Individual
- Donate in the Name of Someone Living with Cancer
- Help Fund Education and Outreach Programs

Donor Level:

Commemorative Gifts

Trailhead \$40 _____

Wallet card commemorating the climb with *Keys to Prostate Health* on the back

Base Camp \$60 _____

Mt Baker Patch, and the wallet card

High Camp \$150 _____

All of the above, plus the name of a loved one dealing with cancer placed on the banner we carry to the summit

Summit \$250+ _____

All of the above, plus the official Mt Baker expedition T-Shirt

Expedition \$ _____

Donation in any amount to assist the PAF and its mission

Please mail checks to: Prostate Awareness Foundation, P.O. Box 2934, Santa Rosa CA 95409
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I support you every step of the way! Here is my tax-deductible donation for the level indicated above.
We also take donations via PayPal using your PayPal account or a credit card on the PAF website:
<http://prostateawarenessfoundation.org/cancer-climb-2015-mount-baker/>

The climber I am sponsoring is: _____

I am making a donation in the memory of: _____

Donor Name: _____

Address: _____

Email Address: _____



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