

For Immediate Release

July 20, 2015

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**Prostate Gathering in the Yosemite High Country**  
**1<sup>st</sup> Annual Jan Zlotnick Memorial**  
**August 16 - 21, 2015**

*Santa Rosa, CA* The Prostate Awareness Foundation will be holding the Prostate Gathering in Tuolumne Meadows in the Yosemite High Country from August 16 - 21, 2015. *The Prostate Gathering* will be the First Annual Jan Zlotnick Memorial, named in honor of Jan Zlotnick who battled prostate cancer for over twenty years, but ultimately passed away on New Year's Eve of 2014. *The Prostate Gathering* will help call attention to prostate health and offer guidance and tips on how to sustain good prostate health. The program will include a prostate healthy menu, tent camping, a choice of easy or challenging hikes each day, evening campfire discussions about prostate health and other related topics.

Jan Zlotnick was a PAF board member, a registered nurse, a men's health instructor at San Francisco City College and a dedicated family man. He went on many of the PAF Cancer Climbs for Prostate Awareness beginning with the 2003 climb to the summit of Mt. Kilimanjaro. As a PAF mentor, he helped countless men deal with their prostate health issues. An avid hiker and outdoorsman, the Yosemite High Country was one of his favorite places. The week's activities will culminate in a hike to the top of Clouds Rest, Jan's and John Muir's favorite High Sierra trail. Less strenuous activities will also be available for those not wanting to hike but who would like to participate in *The Gathering*. Men, women and their families are all welcome. You do not need a prostate to attend!

*The Prostate Gathering* is not only an opportunity to focus national attention on the prostate cancer epidemic, but also a way of sending a message of hope and inspiration to those afflicted with the disease. Participants can come for the whole week's activities or just attend by the day. The \$100 per night fee provides for all meals, guided hikes and an event tee shirt. Participants will be able to defray the cost of the expedition by fundraising. Proceeds from *The Prostate Gathering* will allow the Prostate Awareness Foundation to continue its education and outreach programs. *The Prostate Gathering* is limited to thirty individuals and the PAF is currently recruiting participants. You can sign up now to reserve your place on this memorable adventure by calling Ken Malik at 415-407-3961.

The Prostate Awareness Foundation provides education and information to men and their families about prostate health subjects. The PAF encourages men to take a pro-active posture toward their health using a prostate friendly diet, stress management techniques and a regular exercise program. Prostate problems will affect one in five families in the United States.



The PAF is a 501(c)(3) non-profit organization, tax ID# 31-1633278. Visit our website, [www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org) for more information about this climb, the PAF, and the services it provides.



Kilimanjaro Prostate Cancer Climb



Jan at the Rotary Club



Jan at Mt St Helena



Gillman's Point- 18300 ft



Kilimanjaro



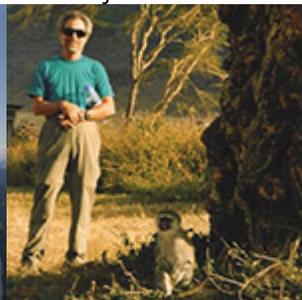
With the Masai



Snowshoeing at Mt Shasta



Jan on Top!



With a monkey