



For Immediate Release

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## **Prostate Gathering in the Yosemite High Country**

### **The 2nd Annual Jan Zlotnick Memorial**

### **August 7 - 12, 2016**

*Santa Rosa, CA.* The Prostate Awareness Foundation will be holding a Prostate Gathering in Tuolumne Meadows in the Yosemite High Country this August. *The Gathering* will be the *Second Annual Jan Zlotnick Memorial*. Jan Zlotnick battled prostate cancer for over twenty years. He was a PAF board member, a registered nurse, a men's health instructor at San Francisco City College and a dedicated family man. He helped countless men deal with their prostate health issues. Jan passed away on New Year's Eve of 2014. An avid hiker and outdoorsman, the Sierras were one of his favorite places.

*The Prostate Gathering* will help call attention to prostate health and offer guidance and tips on how to sustain a healthy prostate. The venue 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. The week's activities will culminate in a hike to the top of Clouds Rest, 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 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. Ask how you can defray the cost of the expedition by fundraising. Fees raised from *The Gathering* allow the Prostate Awareness Foundation to continue its education and outreach programs. *The 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 415-675-5661.

The PAF, the not for profit 501(c)(3) sponsoring the event, provides education and information to men and their families about prostate health subjects. It 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. Visit [www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org) for more information about the PAF and the services it provides.

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