



For Immediate Release

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**Prostate Awareness Foundation
Early Summer Prostate Gathering
Hike & Camp Lassen Volcanic National Park
Monday, June 12, 2017 returning Thursday, June 15, 2017**

Santa Rosa, CA. The Prostate Awareness Foundation (PAF) will be sponsoring an early Summer Prostate Gathering at Lassen Volcanic National Park in the Cascade Mountains of Northern California. This national park is one of the least visited of all the parks. It is located about 6 hours north of San Francisco. Each year the PAF does an early summer hike and camping trip. This will be our first visit to spectacular Mt Lassen.

The event is designed to help men and their loved ones participate in the four components of pro-active healing: healthy diet, exercise, stress management and a zest for life. At this time of the year we may encounter snow on the trails at higher elevations. This should make for a memorable experience.

We will be tent camping and preparing gourmet prostate friendly meals for all participants. Activities are designed to cater to various fitness levels. The choices will include: climbing both Broke Off Mountain and Mt Lassen, possibly on the snow, along with some easier choices each day.

The Prostate Awareness Foundation, a 501(c)(3) not for profit educational foundation is based in Santa Rosa, California, the PAF provides free information and education about available treatments, pros and cons of various protocols. The focus is on preventative measures, nutritional support, exercise and stress management techniques. The PAF encourages men to take a pro-active posture toward prostate health. PAF helps men both nationally and internationally, and all PAF services are free of charge.

Ken Malik is the founder and Executive Director of the PAF, he is also a 22-year prostate cancer veteran. Email kamalik@prostateawarenessfoundation.org, call 415-675-5661 or visit the PAF website www.prostateawarenessfoundation.org for more information about the Gathering or the mission of the PAF.