



For Immediate Release

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5th Annual Prostate Gathering in the High Sierras **Kings Canyon National Park** **August 4th to the 9th, 2019**

Santa Rosa, CA. The Prostate Awareness Foundation will be sponsoring the 5th Annual Jan Zlotnick Memorial Prostate Gathering in Kings Canyon Sequoia National Park at 6,500' Crystal Springs during the week of August 4th to the 9th.

The *Prostate Gathering* will help call attention to prostate health and offer guidance and tips on how to sustain a healthy prostate. The itinerary 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. This is gourmet camping at its best. All men, women and their families are welcome. You do not need to have a prostate to attend!

The *Prostate Gathering* is dedicated to the memory of Jan Zlotnick, a PAF board member who battled prostate cancer for over twenty years. Jan was an extraordinary man- a PAF mentor, registered nurse, 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* 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 Gathering by fundraising. Fees raised from *The Gathering* help the Prostate Awareness Foundation to continue its education and outreach programs. *The Gathering* is limited to sixteen individuals and the PAF is currently recruiting participants. **You can sign up now to reserve your place on this memorable experience by calling Ken Malik at 415-407-3961 or send an email to kamalik@prostateawarenessfoundation.org**

The PAF, the not for profit 501(c)(3) sponsoring the event provides education and information to men and their families about prostate health issues. It encourages men to take a pro-active posture toward their health using a prostate friendly diet, stress management techniques and a regular exercise. Learn more: www.prostateawarenessfoundation.org

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