



CANCER CLIMB & TREK FOR PROSTATE AWARENESS Lassen Volcanic National Park, September 8 - 14, 2019

- ◆ This year about 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 & Trek for Prostate Awareness expedition. The 2019 expedition will visit Lassen Volcanic National Park for a week of climbing and trekking in and will culminate with an ascent of Mt. Lassen Peak. A support team will also participate on the expedition.

For all members of the team, this is an opportunity to focus national attention on the prostate cancer epidemic while sending a message of hope and inspiration to those afflicted with the disease. Daily activities are designed to help men take a proactive approach to prostate health with an emphasis on diet, stress reduction, exercise and a healthy life style. We ask you for your support and help in achieving our objectives:

OUR GOALS

- Generate critically needed funding for prostate education, awareness and prevention programs.
- Inspire men and their families with the knowledge that there can be a rich and rewarding life after diagnosis.
- Take a pro-active approach to prostate health

We'd 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 (PAF) offers information, support, and education about the treatment options available to those with prostate cancer. The object is to lessen the trauma, impact, problems, and depression associated with the disease and to encourage proactive responsibility for one's own healing. We also offer information to those who wish to take a preventative approach to the disease. Based in Sonoma County and the San Francisco Bay Area, we have been providing this service, nationwide since 1995.

The Prostate Awareness Foundation is a non-profit 501(c)(3) organization- Fed ID #31-1633278
www.ProstateAwarenessFoundation.org



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Here's how you can support the Lassen Expedition and the mission of the PAF:

- Sponsor one of our determined climbers/trekkers
- Contribute in the memory of a special individual
- Donate in the name of someone living with cancer
- Help Fund Education and Outreach Programs

I support you every step of the way! Here is my tax-deductible donation for the level indicated above. We can also take donations via PayPal using your PayPal account or a credit card on the PAF website: <http://www.prostateawarenessfoundation.org/cancer-climb-2019-Lassen/>

Donor Level:

Commemorative Gifts

Trailhead \$40 _____

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

Base Camp \$60 _____

Lassen Expedition wallet card and the name of a loved one on the official climb banner unfurled at the summit.

High Camp \$150 _____

All of the above, plus the **Lassen Expedition** memento

Summit \$250+ _____

All of the above, plus the **Lassen 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
The Prostate Awareness Foundation is a 501(c)(3) organization, EIN# 31-1633278

The climber I am sponsoring is: _____

I am making a donation in the memory of: _____

Donor Name: _____

Address: _____

Email Address: _____

Office only: Date received _____ TY Ltr Sent _____