



For Immediate Release

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## **6<sup>th</sup> Annual Prostate Gathering in the Mountains** **Lake Siskiyou, Cascade Mountains of California** **A Jan Zlotnick Memorial Event** **August 5<sup>th</sup> to 10<sup>th</sup>, 2020**

*Santa Rosa, CA.* The Prostate Awareness Foundation will once again be sponsoring the Jan Zlotnick Memorial Prostate Gathering in Cascade Mountains of Northern California. This is gourmet car camping at its best. We will spend 5 nights camping at Lake Siskiyou close to Mt Shasta and Castle Crags.

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. Men, women and their families are welcome. Hiking each day is not a requirement, there is plenty to do on the lake and the beautiful town of Mt Shasta.

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. An avid hiker and outdoorsman, the mountains were one of his favorite places. *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. 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 eighteen individuals and the PAF is currently recruiting participants. You will need your own day pack, sleeping bag and sleeping pad. Loaner tents are available. **You can sign up now to reserve your place on this memorable experience by calling Ken Malik at 415-407-3961.** 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. 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. Learn more: [www.prostateawarenessfoundation.org](http://www.prostateawarenessfoundation.org)

***This event will take place only if travel and social distance restrictions are lifted!!***