



For Immediate Release

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6th Annual Prostate Gathering in the Mountains Lake Siskiyou, Cascade Mountains of California A Jan Zlotnick Memorial Event, August 8th to 13th, 2021

Santa Rosa, CA. The Prostate Awareness Foundation will once again be sponsoring the 6th Annual Jan Zlotnick Memorial Prostate Gathering in the Cascade Mountains of Northern California. This is gourmet hiking and car camping at its best. We will spend 5 nights camping at Lake Siskiyou close to Mt Shasta.

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 in the beautiful town of Mt Shasta. Social distancing will be observed in camp and on the trail.

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 Prostate Gathering* provides an opportunity to focus national attention on the prostate cancer epidemic, and sends a message of hope and inspiration to those afflicted with the disease.

The \$100 per night fee provides for all meals and guided hikes. Ask how you can defray the cost of the Prostate Gathering by fundraising. Fees raised from *The Gathering* help the Prostate Awareness Foundation continue its education and outreach programs. *The Gathering* is limited to a maximum of 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 and benefitting from 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 program. To learn more: www.prostateawarenessfoundation.org

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