



For Immediate Release

August 18, 2021

Contact: Ken Malik, 415-675-5661, or kamalik@prostateawarenessfoundation.org
www.prostateawarenessfoundation.org

Fall Prostate Gathering
MacKerricher State Park, Ft Bragg on the Mendocino Coast
A Jan Zlotnick Memorial Event
Sunday, September 26th returning Friday, October 1st, 2021

Santa Rosa, CA. The Prostate Awareness Foundation is sponsoring a Fall Prostate Gathering camp and hike on the beautiful Mendocino Coast. Mark your calendar for Sunday afternoon, September 26 to Friday morning, October 1st. As you may know, we had to cancel the Summer Prostate Gathering campout at Mt Shasta due to smoke, fires and unhealthy air. September on the California coast is usually the best weather and the cleanest air. This is car camping at its best. We will spend 5 nights camping fairly close to the Ocean. **Attendees will be asked to be either vaccinated or have a negative Covid test before the event.** Social distancing will be observed in camp and on the trail.

The itinerary will include: a prostate healthy menu, tent camping, great hiking, walking, biking, evening campfire discussions about prostate health and other related topics. Men, women and their families are welcome. Close to Ft Bragg, there is lots to do in the MacKerricher State Park area. The Mendocino Coast Botanical Gardens, Skunk Train, kayak rentals and Russian Gulch hikes are close by. Hiking each day is not a requirement; there is plenty to do in Ft Bragg and the town of Mendocino.

The *Prostate Gatherings* are 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, Jan loved California and its outdoor opportunities.

Ken Malik, the PAF's Founder and Executive Director, states, "The *Prostate Gatherings* are a great way to implement the PAF's pro-active strategy for a healthy prostate: a prostate friendly diet, daily exercise, stress management and a Zest for Life." The \$100 per night fee provides for all meals, campsite and guided hikes. Ask how you can defray the cost of the *Prostate Gathering* by fundraising. Monies earned from the *Gatherings* help the Prostate Awareness Foundation continue its education and outreach programs. Participation is limited and the PAF is currently recruiting participants. You will need your own day pack, sleeping bag, sleeping pad or mattress and tent. A limited number of 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) organization sponsoring the event provides education and information to men and their families about prostate health issues.