

For Immediate Release
February 10, 2018

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Summer Prostate Gathering Kings Canyon – Sequoia National Park The 4th Annual Jan Zlotnick Memorial August 19 – 24, 2018

The Prostate Awareness Foundation will be holding the annual Summer Prostate Gathering this August in Kings Canyon – Sequoia National Park in the Sierra Nevada mountains of California. This will be gourmet car camping at its best. Our group campsite will be nestled in the redwoods of Grant's Grove. This will be the 4th annual Jan Zlotnick Memorial Prostate Gathering.

Jan Zlotnick battled prostate cancer for over twenty years. He was a PAF board member, a registered nurse, a 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, He loved the Sierra's.

The Prostate Gathering is designed to help men and their families not only learn more about prostate health, but also help them take a proactive approach to diet, exercise and stress management. A prostate healthy lifestyle promotes longevity and overall good health. 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. Less strenuous activities will also be available for those not wanting to hike but who would like to participate in *The Gathering*. Men, women and their families are all welcome. You do not need a prostate to attend!

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. Participants can attend all or part of the Gathering. The \$100 per night fee provides for all meals, guided hikes and an event tee shirt. Ask about how you can defray the cost of the expedition by fundraising. Fees raised from *The Gathering* help the *Prostate Awareness Foundation* to continue its education and outreach programs. *The Gathering* is limited to thirty individuals and the PAF is currently recruiting participants. You can sign up now to reserve your place on this memorable adventure by calling 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 subjects. It encourages men to take a pro-active posture toward their health using a prostate friendly diet, stress management techniques and a regular exercise program. Prostate problems will affect one in five families in the United States. Visit www.prostateawarenessfoundation.org for more information about the PAF and the services it provides.

