



A JIM COZAD MEMORIAL CLIMB

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 2023 expedition will climb and trek in the beautiful White Mountains of New Hampshire. Summit attempts of Mt Washington and other peaks in the Presidential range will be a challenging test. A support team will also participate.

For all the expedition members, 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 and healthy life style. We would like to ask you for your support and help in achieving our objectives.

OUR GOALS: Generate critically needed funding for education, awareness and prevention programs Inspire men and their families with the knowledge that there can be a rich and rewarding life after diagnosis. Teach men to 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 501(c)(3) organization, EIN# 31-1633278

JOIN US IN SPIRIT ON OUR EXPEDITION TO CONQUER PROSTATE CANCER

- 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

Donor Level

_____ *Trailhead* - \$40
_____ *Basecamp* - \$60
_____ *Midway* - \$150
_____ *Summit* - \$250+
_____ *Expedition*

Commemorative Gifts

Collectible wallet card with Keys to Prostate Health
Wallet card plus an additional collectible
All of the above plus the official climb pin
All of the above, plus a commemorative tee shirt
Donation of any amount to assist the PAF in efforts

I SUPPORT YOU EVERY STEP OF THE WAY! HERE IS MY CHECK FOR THE AMOUNT I HAVE INDICATED ABOVE.

THE CLIMBER I AM SPONSORING IS _____

I WISH MY DONATION TO BE IN THE MEMORY OF _____

Name _____ email _____

Address _____

Please mail checks to: Prostate Awareness Foundation, P.O. Box 2934, Santa Rosa CA 95409
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-2023-WhiteMtns>



The Prostate Awareness Foundation is a 501(c)(3) organization, EIN# 31-1633278