



## May 2019 Membership Luncheon -Speaker: Ken Malik Prostate Awareness Foundation - *Integrative Paths to Healing*



**Meet Ken Malik** - Ken Malik is the founder and executive director of the Prostate Awareness Foundation. He is a 24-year veteran of prostate cancer. His illness has not progressed, nor has he undergone conventional therapy. He uses the PAF formula for good prostate health, including a strict low fat non-dairy diet, regular exercise, stress management techniques and a zest for life.

Click here for Ken's primer for the newly diagnosed: [What's A Man to Do?](#)  
Press Democrat article: [Cancer diagnosis leads Santa Rosa man to new heights](#)

The Prostate Awareness Foundation (PAF) offers information, support, and education about the treatment options available to those with prostate concerns. 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 Santa Rosa, CA, we have been providing this service, nationwide since 1995.

PAF is different and unique in its approach to preventing and healing prostate cancer through its emphasis on diet, exercise, nutritional supplements, and stress reduction techniques. We believe in an integrative medical approach combining the best protocols from conventional and alternative medicine, giving men the opportunity to choose wisely and be proactive in their healing. Our information is offered in three ways: a mentor program, blogs and newsletters, and discussion & support group meetings.

For more information please call (415) 675-5661 or visit the Prostate Awareness Foundation's website: <http://www.prostateawarenessfoundation.org/>



Clinical studies indicate that those men dealing with prostate cancer who have a consistent exercise program have the slowest disease progression. Join us for Camping, Hiking and Biking, Sundays at 8am  
[SPRING HIKING SCHEDULE](#)

[Free Fallin' Skydive for Prostate Awareness](#), June 15<sup>th</sup> at the Cloverdale airport

[Prostate Gathering in the High Sierras](#), the 5th Annual Jan Zlotnick Memorial, Kings Canyon National Park, California, August 4-9, 2019

[Cancer Climb & Trek for Prostate Awareness](#), Lassen Volcanic National Park, Sept. 9-14, 2019

[www.ProstateAwarenessFoundation.org](http://www.ProstateAwarenessFoundation.org)