



## **Prostate Awareness Foundation**

### **Virtual Discussion & Support Group Meeting**

*(Via Zoom on the 3<sup>rd</sup> Tuesdays of the month)*

PAF Zoom meetings provide an opportunity to meet and talk with guys from all over the country dealing with prostate issues. Our membership includes men with prostatitis, BPH, early and late-stage prostate cancer as well men with a family history of cancer wanting to avoid problems in later life. Friends, family and loved ones are always welcome.

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**This Month's Topic: Nutrition for the Prostate and open forum**  
**Tuesday, February 18, 2025 --- 5-7:00pm PST via zoom (6pm MST, 7pm CST, 8pm EST)**  
**Join Meeting: <https://us02web.zoom.us/j/4267253144?omn=88496497953>**  
**Meeting ID: 426 725 3144**

**Tabled last month:** *Why is America's Diet So Deadly?* We'll discuss processed foods and cancer. Why are ultra-processed foods so dangerous? What is proper nutrition for the prostate? We'll discuss the prostate-friendly diet and supplements. Plus, the usual open forum.

Open Forum Meetings are a great way to connect with those with similar concerns, compare notes and learn from each other! We invite you to ask about your specific prostate-related questions.

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**One tap mobile: +16694449171,,89976162460# US**  
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**Dial by your location**

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**Find your local number: <https://us02web.zoom.us/j/4267253144?omn=88496497953>**



*Statistics indicate that cancer patients in support group settings live twice as long as those not involved. Come join us for support, information and discussion. Email [kamalik@prostateawarenessfoundation.org](mailto:kamalik@prostateawarenessfoundation.org) or call Ken Malik at 415-675-5661.*

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