



THE NATIONAL
ZERO AFRICAN
PROSTATE CANCER AMERICAN
RUN/WALK MALE
WELLNESS WALK INITIATIVE

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**WASHINGTON STATE UROLOGY SOCIETY
JOINS FORCES WITH THE NATIONAL AFRICAN AMERICAN MALE WELLNESS INITIATIVE**

RENTON, WA., 15 JUL. 2019—The National African American Wellness Initiative – Male Wellness Walk (AAWALK)—joins forces with Washington State Urology Society (WSUS) and ZERO - The End of Prostate Cancer on two upcoming Run/Walks (July 20th & September 28th) to encourage men to live a healthy lifestyle and to raise awareness of the higher risk for African American Males to be diagnosed with prostate cancer and other preventable health issues such as high blood pressure, high cholesterol, diabetes and more. African American men are dying from preventable diseases at ten (10) times the rate of other men which drives the mission of AAWALK.

The National African American Male Wellness Initiative was established in 2004 to begin the process of empowering men to understand through prevention one can live longer. The goal of the Initiative is to raise awareness of preventable health diseases. Living a healthy lifestyle is about taking a holistic approach to maintaining good health. Good health is maintained through healthy habits. The initiative promotes annual doctor visits while encouraging men to stay active.

The Wellness Initiative has provided thousands of resident's free health screenings resulting in recognition from former President Obama. The first act of this partnership is to formally request a gubernatorial proclamation concerning prostate cancer awareness month (September 2019) and the increased risk for African American males.

“Black men are dying and you can be part of the solution! Know your numbers, be smart about your health and learn more about what you can do to prevent many issues that face men of color” – Victor Tolbert, NEXT Level Fitness & Renton AAWALK Coordinator.

“As the physicians who specialize in treating male urological diseases such as prostate cancer, we are so proud to be partnering with the newly formed Washington State Chapter of the National African American Male Wellness Initiative and hosting the ZERO Prostate Cancer Run/Walk for the second year in a row” – Paul Kozlowski MD, WSUS Immediate Past President.

“We are honored to be recognized by both of these organizations as the national leaders in the fight against prostate cancer providing needed patient programs, education, outreach and advocacy in this fight” – Vanessa Petersen, West Coast Chapter Director, ZERO-The End of Prostate Cancer.

Upcoming event details:

July 20, 2019 Run/Walk in Renton, WA. For more information, visit www.aawalk.org/renton.

September 6, 2019, Wahl's Grooming Tour stop at the Seattle, WA Center providing FREE facial hair grooming. For every grooming, Wahl's donates \$1.00 to ZERO. For more information, visit www.wahlusa.com.

September 28, 2019 Prostate Cancer Run/Walk and Superhero Kids Dash for Dads in Snohomish, WA. Third year to be hosted by WSUS with the goal to raise \$100,000 and draw more than 500 participants. For more information, visit www.zeroprostatecancerrun.org/PugetSound.

WSUS and NAAMWI will also collaborate on additional events - Cooking with Dads, Barbershop Talk and an upcoming podcast on "The Original Guide to Men's Health" with Richard Pelman MD.

For more information, contact Debi Johnson at 425-971-5822 or djmgmt@gmail.com.

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ABOUT WASHINGTON STATE UROLOGY SOCIETY

A majority of all Washingtonians will see a urologist in their lifetime. The Washington State Urology Society represents the urologic physicians and other health care providers serving more than 7 million Washingtonians. The Society works to uphold the highest standards of urologic care and patient advocacy by promoting research, education, access to treatment options and innovation in urologic care. For more information, visit www.wsus.org.

ABOUT ZERO

ZERO — The End of Prostate Cancer is the leading national nonprofit with the mission to end prostate cancer. ZERO advances research improves the lives of men and families and inspires action. We're building Generation ZERO, the first generation of men free from prostate cancer, through our national run/walk series, education and patient support programs, and grassroots advocacy. ZERO is a 501(c)(3) philanthropic organization, accredited by the Better Business Bureau, with regional chapters across the country. We dedicate 85 cents of every dollar to research and programs. For more information, visit www.zerocancer.org.