

In Support of Annual Men?s Health Month, Manhattan Beach-based Cancer Journeys Foundation Announces It?s Dad?s Day Walk Along the Beach on June 17, 2018 in Manhattan Beach, California.

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MANHATTAN BEACH, CALIFORNIA ? Manhattan Beach-based Cancer Journeys Foundation announced it?s first annual Dad?s Day Walk Along the Beach on June 17, 2018 in Manhattan Beach, California in support of Men?s Health Month. The walk begins at the pier in Manhattan Beach at 4pm. Participants will walk from the Manhattan Beach Pier to the Hermosa Beach Pier and back. The distance is three miles and lasts about an hour.

Men?s Health Month is a national program that focuses on awareness of preventable health problems and encourages early detection and treatment of disease in men and boys. The Department of Health and Human Services sponsors a Wear Blue Day every year on the Friday before Father?s Day. This year Wear Blue Day is June 15th.

?I love it when Men?s Health month arrives each year. It?s a perfect opportunity to get guys focusing on

simple ways to improve their health through exercise and to schedule their annual prostate cancer PSA blood test,? said Robert Hess, Cancer Journeys Foundation president.

According to Hess, ?The best way for men to stay healthy is to get active and stay that way. We created the annual Dad?s Day Walk Along the Beach to give men and their families a way to spend an hour walking along the ocean in a beautiful venue. And Manhattan Beach has lots of great eating venues for a post-walk Father?s Day dinner.?

Said Hess, ?Men's Health month is the right time for men to take their annual PSA (prostate specific antigen) blood test for prostate cancer screening. Men can have the test done through their doctor?s office or schedule it through our Walk-in-Lab partner for just $35.00.?

Once men have their PSA test results, they can personally track their prostate cancer risk using the Cancer Journey Foundation?s free ProstateTrackerApp.

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Cancer Journeys Foundation

The Cancer Journeys Foundation provides support to the 14 million cancer survivors in the United States and their families and care givers as they move through their individual cancer journeys.

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