

THE WALNUT FOUNDATION

OUR PURPOSE & FUNCTION

We work with the Black Community to identify and address the needs of Black Men in health and related issues. We provide safe and comfortable environments for Black Men to talk about their health.



HOW WE SERVE:

- * Second Sunday of each month, a medical expert presents on a health issue within the Black Community
- * Our 'fall' conference on topical health issues affecting Black men.
- * A 'Black History Month' symposium on health issues affecting the Black community
- * We present on prostate cancer to Community and Church groups.
- * We actively network with similar Canadian Black Health groups (Calgary, Halifax, Montreal); we have established contacts in the Caribbean, Africa and the USA
- * We fund research related to improving health resources within the Black community
- * We fund and co-author research specific to treating Black patients
- * We award scholarship and grants to black medical students

ARE YOU AWARE:

- * Black men are more likely to be diagnosed with prostate cancer; and twice as likely to die from the disease - mainly because of late diagnoses.
- * If caught early, prostate cancer can be successfully treated; men will likely die from something else.
- * Black men should start to get tested at age 40 years old, especially if the disease is in the family.



JOINING THE WALNUT FOUNDATION:

If you are interested in joining the foundation, our membership fees are \$10 per year for a male membership or \$5 per year for an associate member which includes female members. Please visit our website and follow the instructions to become a member.






If you just like to receive meeting and event notices, please join our mailing list on our website @

<http://thewalnutfoundation.com>



Are you newly Diagnosed with Prostate Cancer or undergoing treatment? Are you concerned about making the right treatment decision?

Join our virtual Prostate Cancer support meetings for Black men - on the last Thursday of every month. Contact us by phone or email; or visit our website.

-  Obtain feedback on treatments and side effects from Black men reflecting a range of experiences.
-  Receive 'one on one' guidance from trained advisors (Princess Margaret True North Navigator Program)
-  Learn about the local specialists and hospitals best suited to your condition; learn how to navigate the Ontario health system.
-  Feel free to open up about your emotions and concerns
-  Cut through the rumors – get the facts about the impact on sexuality

The Walnut Foundation

The Walnut Foundation is a Registered Charitable organization founded in 2007 by the late Dr. Winston Isaac (formerly of Ryerson Health Management) and Simon Samuel, both Prostate Cancer survivors.

The organization is run by a volunteer board and all activities are run on a volunteer basis. We are audited annually.

*Funding comes primarily from an **ANNUAL WALKATHON** held in Brampton, Ontario.*

*Join us in June every year at the Etobicoke Creek Park on Loafers Lake Lane for our **ANNUAL WALKATHON** (visit website for the date and other particulars).*

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THE WALNUT FOUNDATION

EMPOWERING BLACK MEN TO TAKE RESPONSIBILITY FOR THEIR HEALTH



Increasing health awareness within the Black Community