



The Milana Family Foundation 11th Annual Golf Outing - June 8, 2026 Fresh Meadow Country Club

Since its inception in 2008, The Milana Family Foundation's mission was traditionally to raise money and awareness for charities that benefit children in need. We have been staunch supporters of the Columbus Citizens Foundation, Smile Farms, Cohen Children's Medical Center, the Cooley's Anemia Foundation, Stop Abuse, and many other notable charities.

While we will always remain loyal supporters of these outstanding organizations, The Milana Family Foundation is excited to have launched our own initiative in 2018 – Man Cave Health, whose mission is to educate men about prostate health and encourage men to play a more active role in their healthcare journey. Prostate cancer effects approximately 1 in 7 men, but there was one diagnosis that had a tremendous impact on our family. In April of 2016 Thomas Milana, Jr. was told he had prostate cancer. As Tom navigated his way from diagnosis back to wellness, he increasingly saw the need for more awareness about men's health issues, and Man Cave Health was born.

All proceeds raised by The Milana Family Foundation will be used in support of funding Man Cave Health initiatives. The Milana Family Foundation is recognized by the IRS as a tax-exempt organization, EIN 36-4620168.

When Thomas Milana, Jr. was diagnosed with prostate cancer at age 48, he soon realized the vast lack of resources available to men facing the disease. Already deeply entrenched in numerous philanthropic endeavors through The Milana Family Foundation, Tom committed to changing the landscape of men's health, and launched Man Cave Health.



Driven by the notion that "men take better care of their cars than they do their bodies", Man Cave Health is a destination for men seeking support for prostate health. The first Man Cave opened its doors in January 2019 in Mount Sinai's Department of Urology in NYC. This sports-themed facility is a place where men can feel at ease discussing their personal health issues; it serves as a refuge for those seeking emotional support, information, screening, and treatment for prostate cancer. Staff can assist patients navigating the often-confusing journey of living with cancer.

Man Cave Health also continues to offer free health fairs and free cancer screening events throughout the year and through your support, Man Cave Health is committed to changing the landscape of men's health.

Journal opportunities

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Please email your ad copy and payment info to info@mancavehealth.org

All proceeds to be used in support of men's health initiatives at Man Cave Health. Thanks for your support!