



THE MOVEMBER FOUNDATION

IS THE GLOBAL CHARITY RAISING FUNDS AND AWARENESS FOR MEN'S HEALTH.

WHEN IT COMES TO THEIR HEALTH, TOO MANY MEN DON'T TALK, DON'T TAKE ACTION AND DIE TOO YOUNG.

WE WANT TO HELP MEN LIVE LONGER, HEALTHIER AND HAPPIER LIVES
THROUGH INVESTING IN FOUR KEY AREAS:

PROSTATE CANCER | TESTICULAR CANCER | POOR MENTAL HEALTH | PHYSICAL INACTIVITY

Hosting a Movember Event

Events can serve a number of purposes in Movember campaigns. They can build Movember awareness, drive registrations, help with fundraising, and create a fun and remarkable experience for those that attend. Here's a list of some common events that could work well for you this Movember.

Sign-Up Event

- Headshot Power Hour: Invite friends or coworkers to a central spot to sign-up and take your "before" headshots.
- Big Boss Bounty: Find that one executive who will agree to sign-up and grow a moustache if a certain number of employees sign-up by Nov. 1st.

Fundraising Event

- Mo Sales: Setup a portrait station for donations, sell lemonade in high traffic areas, create a shirt for your team as a gift for donation, or go online and create your own baseball card as a gift for donation.
- The Auction Approach: auction off your Mo style rights, Mo dyeing rights, or your Mo naming rights.
- Rock a Raffle: The Mo Bros & Mo Sistas of our community are incredibly talented...think of all the ways you can use your talents (Grill Master, Yacht Captain, Softball Team Ringer) and use them in a raffle.

MOVE Event

- Host a run club or rock a stair challenge if you work at a high-rise.
- Do a little MOGA at your local studio.
- Take over a group workout class like spin, boxing, or CrossFit...shoot, with the power of the Mo, you can even rock a dance class.
- Kickball or dodgeball tournaments are always encouraged.

Mo Party

- Host a Shave the Date event to kickoff the month clean-shaven.
- A little Chili Cook Off always looks good in the moustache.
- Take over your favorite pub for a happy hour or get a chef's table for dinner – ask them for a donation for bringing a bunch of people down.
- Fashion show...nuff said.



VISIT [MOVEMBER.COM](https://www.movember.com)

GROW, GIVE OR MOVE AND SPREAD THE WORD #MOVEMBER

