Raise the roof, and raise much-needed funds along the way.

There’s nothing better than getting together with friends. Except getting together with friends to change the face of men’s health.

Host a Mo-ment this Movember and you can do just that. It’s the easiest way to stop men dying too young.

HERE’S HOW:

1. SIGN UP AT MOVEMBER.COM
   It’s as simple as entering a few details.

2. CHOOSE TO HOST
   Go big or go small – your approach is up to you.

3. MAKE IT COUNT
   Raise the roof, and raise much-needed funds along the way.
YOUR GUIDE TO HOSTING

1. FOCUS ON THE SMALL WINS
Remember, whatever way you like socialising qualifies. From long lunches to movie nights. Every get-together counts.

2. MIX IT UP
There’s more than one way to Host. So why stop at one Mo-ment? The more fun you’re havin’, the more funds you’re likely to raise.

3. POST ONLINE
For a quick and easy way to get the word out about your get-together, add the details to your Mo Space. From there, send the link out, and get the RSVPs in.

4. GET PLANNING
Ask your friends to help out by chipping in food and drink, or entertainment, But try not to over complicate things, the best gatherings are usually the ones that keep it simple.

5. ASK FOR DONATIONS
Your friends and family can donate straight to your Mo Space, or give you cash on the day. You can send cash in via check, or your Mo Space.

6. HAVE FUN, DOIN’ GOOD
This one needs no explanation. Sit back, soak it in, and enjoy. Or celebrate with a victory dance. We won’t judge.

MO-MENTS WORTH HOSTING

BIG DINNER
Get your friends and family together for an epic night of eating. Try that recipe you’ve never mastered, or order pizzas and put your feet up.

COOKING COMP
Whip out the apron and whip your friends into shape. From brownies to cookies, cakes and pies – whatever you create can be sold for a donation.

SHAVE DOWN
Host a group shave-off of facial hair to get the month started. Collect donations from anyone who’d like to step up and take control of the razor.

SPORTS TOURNAMENT
Challenge your friends to a test of athletic ability. Basketball, football, soccer, ping-pong – the sport is up to you. Entries can be sold for donations.

MOVIE NIGHT
Pull out the popcorn. It’s time for a night in. Get movie suggestions from attendees and stay up all night in the name of men’s health.

CONTACT US
Got a question? Drop us a line:

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Culver City, CA 90232

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