



WE'RE WORKING YEAR ROUND FOR MEN  
TO LIVE HAPPIER, HEALTHIER AND LONGER LIVES

## MOVEMBER FOUNDATION

### **SPREADING THE WORD**

To get things moving, initiate conversations in groups you belong to or with key leaders of other student groups. Keep in mind, not everyone will know what Movember is or what the cause is all about – educate them!

Next, connect with campus administrators, utilize social media, and contact campus and local media outlets to spread the message and build awareness in the larger campus community.

Movember is a fun and easy way to have a huge impact, so they'll want to be a part of it.

### **INCREASING PARTICIPATION**

It takes less than a minute to sign up on [Movember.com](http://Movember.com), but sometimes people need a little push to turn interest into action.

Host a registration drive somewhere central on campus and give out info about Movember while signing up Mo Bros and Sistas for your team or campus network.

If possible, provide incentives for signing up, whether that's a moustache-inspired haiku or a Movember t-shirt.

Bring your laptop or download the Movember app on your phone so you can sign people up quickly and easily.

### **TALKING TO GROUPS ON CAMPUS**

Not sure where to start? Try these groups first.

#### **GREEK LIFE**

- IFC
- Panhellenic
- Chapter Presidents
- Philanthropy Chairs

#### **STUDENT-ATHLETES**

- Captains
- Coaches
- Players
- SAAC

#### **CAMPUS RECREATION**

- Club Sports
- Health & Wellness
- Intramurals

#### **GRADUATE PROGRAMS**

- Business School
- Law School
- Medical School

#### **CAMPUS LIFE**

- Student Government
- Residence Life
- Dean of Students

### **MOVEMBER FOUNDATION**

The Movember Foundation is the leading global organization committed to changing the face of men's health. Millions have joined the men's health movement, raising \$650 million and funding over 1,000 projects focusing on prostate cancer, testicular cancer, poor mental health and physical inactivity.

JOIN THE MEN'S HEALTH MOVEMENT AT

[MOVEMBER.COM](http://MOVEMBER.COM)