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

MOVEMBER FOUNDATION

HOSTING A MOVEMBER EVENT ON CAMPUS

Events are a great way to have a good time, get people interested in Movember and take your fundraising to the next level. Here are some ideas that are sure to be a hit.

SIGN-UP EVENTS

HEADSHOT POWER HOUR

Invite friends or coworkers to get together, sign up and take some "before" photos.

TABLE TIME

Find a central place on campus to distribute Movember messaging while signing up Mo Bros and Mo Sistas to your team or campus network.

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

MOVEMBER 1ST

SHAVE THE DATE

Shave the Date parties gather Mo Bros for a final shave-down before the month of moustache growing starts.

Contact local barbers and get them to donate professional shaves, or just bring some disposable razors, shaving cream and buckets of hot water to the centre of campus to create a bit of a spectacle.

HOST A SPEAKER

Try reaching out to health advocates on campus to secure speakers that can reinforce the serious side of Movember.

MOVE EVENTS

SET A CHALLENGE

Host a run club or rock a stadium stair challenge if you can get into your school's stadium.

WORK OUT TOGETHER

Take over a group workout class like yoga, spin, boxing, or CrossFit. Shoot, you can even rock a dance class with that Mo of yours.

ORGANIZE A TOURNAMENT

Kickball, dodgeball, or corn hole tournaments are always encouraged.

MO PARTY

Parties can take place at a house, a bar, or a restaurant.

They're a great time to recognize individual efforts by awarding prizes to individuals who are at the head of the pack in either facial hair or fundraising ability.

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
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