



# HOW TO: GROW IN MOVEMBER



**Men are facing a health crisis that isn't being talked about. They're dying too young. Much before their time.**

A problem this size calls for big minds, and big solutions. But there's a smaller, hairier solution to the men's health crisis. A solution you can Grow yourself. A solution that's sitting right under your nose.

Grow a Mo this Movember to raise funds and awareness for men's health. Stop men dying too young.

## **HERE'S HOW:**

### **1. SIGN UP AT MOVEMBER.COM**

Choose to Grow this Movember.

### **2. START GROWING**

Start clean-shaven, then let your Mo take the spotlight and start conversations.

### **3. MAKE IT COUNT**

Ask friends and family to back your Mo by donating. Together, we can stop men dying too young.

## TIPS TO HELP YOU GROW

### 1. BE PREPARED

Choose the moustache that will grace your face.  
Trucker, regent, connoisseur or wisp?  
Check out the options at [movember.com](http://movember.com)

### 2. BE BRAVE

The first few days, even weeks, can be uncomfortable as your Mo takes shape.  
Ride it out to encourage donations.

### 3. IGNORE THE ITCHING

Remind yourself that men have endured worse in the past. You can stand a little face tickle.

### 4. SHAPE YOUR MOUSTACHE

Get across all the proper grooming techniques.  
A great Mo comes down to great grooming.

### 5. NURTURE IT AND KEEP IT CLEAN

Look after your Mo, and your Mo will look after you.

## MOUSTACHE STYLE GUIDE



THE  
AFTER EIGHT



THE  
REGENT



THE  
ROCK STAR



THE  
TRUCKER



THE  
ABRAKADABRA



THE  
BOX CAR



THE UNDERCOVER  
BROTHER



THE  
CONNOISSEUR



THE  
BUSINESS MAN



THE  
WISP

## CONTACT US

Got a question? Drop us a line:

Email:

[info@movember.com](mailto:info@movember.com)

Phone:

1300 GROW MO (1300 4769 66)

Mail to:

Movember Foundation  
PO Box 60 East Melbourne VIC  
8002 Australia

**SIGN UP TO GROW**  **MOVEMBER.COM**

## FAQS

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for answers to your questions.



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