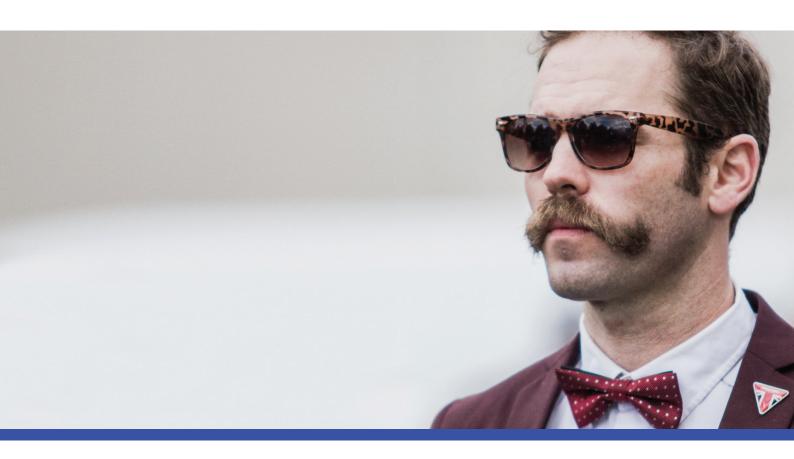


# HOW TO: Grow in movember



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

#### 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.

