



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.

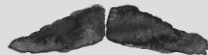
5. NURTURE IT AND KEEP IT CLEAN

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

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.us@movember.com

Phone:

(310) 450-3399

Mail to:

Movember Foundation
P.O. Box 1595
Culver City, CA 90232

SIGN UP TO GROW  **MOVEMBER.COM**

FAQS

Visit our [FAQs](#)
for answers to your questions.



facebook.com/MovemberUSA



instagram.com/Movember



youtube.com/movembertv



twitter.com/MovemberUSA



linkedin.com/company/movember