



# 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 Moustache 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](https://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.

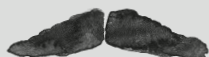
### 5. NURTURE IT AND KEEP IT CLEAN

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.us@movember.com](mailto: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](https://facebook.com/MovemberUSA)



[instagram.com/Movember](https://instagram.com/Movember)



[youtube.com/movembertv](https://youtube.com/movembertv)



[twitter.com/MovemberUSA](https://twitter.com/MovemberUSA)



[linkedin.com/company/movember](https://linkedin.com/company/movember)