## HOW TO: GROW A MOUSTACHE

The moustache is our ribbon for men's health. For 30 days in the month formerly known as 'November', use it to raise funds and stop men dying too young. Sign up on movember.com and grow your Mo for 30 days.

#### WANT TO TAKE YOUR MO TO THE NEXT LEVEL?

Got a beard? Sacrifice it to raise funds.

Auction off your face to the highest donor.

Dye it.

Style it.

Groom it.

Mo Sistas, get a little creative.

Recreate an iconic Mo.

#### TIPS TO HELP YOU MAKE THE MOST OF THE MO

Carrenta

#### GET TALKING

The moustache is a natural conversation starter. Use it to start a conversation about men's health.

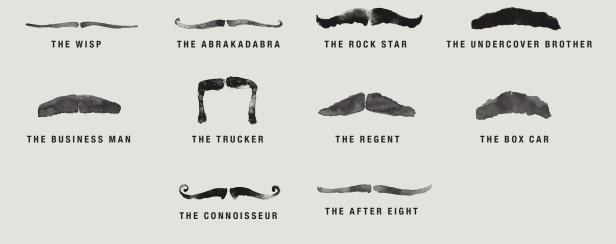
#### TEAM UP

The more moustaches the merrier. There's strength in numbers.

#### **GET CREATIVE**

Challenges, competitions and unique ways to fundraise are what keeps Movember fresh as the moustache on your face.

## **STYLE GUIDE**



#### SIGN UP TO MOVEMBER

# FAQS AND CONTACT

### FAQS

Visit our **FAQs** for answers to your questions.

## CONTACT US

Got a question? Drop us a line.

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