



MOVEMBER FOUNDATION

THE ONLY GLOBAL CHARITY FOCUSED SOLELY ON MEN'S HEALTH

Everything we do is to stop men dying too young, and to ensure they live happier, healthier, longer lives. We do this by investing in these critical areas:

**PROSTATE CANCER, TESTICULAR CANCER,
MENTAL HEALTH AND SUICIDE PREVENTION**

Since 2003, we've empowered millions of men and women to join the global men's health movement.

Through the moustaches grown and funds raised, the amazing Movember community has funded over 1,200 breakthrough men's health programs in 21 countries.



The Movember Foundation runs awareness and fundraising activities year-round, with the annual Movember campaign in November being globally recognized for its fun and innovative approach to raising money and getting men to take action for their health.

We fund health programs directly through the Movember Foundation and our men's health partners.

MEN'S HEALTH STATS

1 in 13 men in Canada will be diagnosed with prostate cancer in their lifetime

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Testicular cancer is the most common cancer in young men aged 15 - 35 years

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1 in 5 Canadians will experience a mental health problem

HOW TO GET INVOLVED

Be the difference this Movember by donating or raising critical funds for men's health.

Getting involved is easy.

Simply sign up at Movember.com and fundraise by:

Growing a Moustache

—

Taking the Move Challenge and getting active

—

Hosting an event

—

Making a donation



MOVEMBER.COM



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