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**How Movember is helping men maintain strong relationships with virtual gatherings during COVID-19 lockdown**

***The leading men’s health charity has given new life to Movember Sessions, turning digital to help men stay connected in the new normal***

**London, 21st April 2020:** Physical distancing is the best weapon against COVID-19 at the moment, but it doesn’t mean our relationships also need to be kept at arm’s length.

Keeping in regular contact with friends and family has never been more important, which is why Movember is [launching its Virtual Sessions](http://movember.com/virtualsessions) to encourage men to rally together.

One of our biggest challenges right now is staying socially connected, and for blokes in particular, the ways they usually stay in touch just aren’t an option right now.

Virtual Movember Sessions act as a way for guys to bridge the distance standing between most of us and normal social interaction during these tough times.

From quizzes and gaming to online cooking and yoga classes, there’s plenty to help you touch base with the men in your lives – and have fun at the same time.

Kicking off on Tuesday 21st April, the first Virtual Session will take the form of the ultimate online quiz.

Hosted by Movember’s very own comedian Ali Brice, A Quiz to Movember! promises to be a night of hilarious, brain-straining entertainment. And with free entry and a £100 pizza feast prize for the winner, it’s one you won’t want to miss.

Virtual Sessions will also see Men’s Pie Club – a Movember-funded project since 2017 - go digital.

Usually based in Newcastle, Pie Club brings together socially isolated men to celebrate their shared love of the famous British dish.

On 3rd May, pastry lovers have the chance to enjoy an evening of online pie making, with Pie Club masters guiding you through baking using the basics in your cupboard.

And for those looking for something a little more active, Moga (Movember Yoga) will be kicking off online in the coming weeks.

A great way to keep body and mind healthy during these testing times, yoga is easy to do from the comfort of your own home. And the laid-back sessions are suitable for everyone – even if you’ve never tried yoga before.

So jump on an introductory online session with one of our qualified Moga instructors and make it part of your regular routine.

Future Virtual Sessions will engage Movember’s gaming community, as well as linking up with celebrity supporters for a look at the organisation’s projects and cause areas.

Visit movember.com/virtualsessions to get involved.

**- ENDS -**

**Notes to editors:**

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**About Movember:**

Movember is the leading charity changing the face of men’s health on a global scale, focusing on mental health and suicide prevention, prostate cancer and testicular cancer.

The charity raises funds to deliver innovative, breakthrough research and support programmes that enable men to live happier, healthier and longer lives. Committed to disrupting the status quo, millions have joined the movement, helping fund over 1,250 projects around the world.

In addition to tackling key health issues faced by men, Movember is working to encourage men to stay healthy in all areas of their life, with a focus on men staying socially connected and becoming more open to discussing their health and significant moments in their lives.

The charity’s vision is to have an everlasting impact on the face of men’s health. To donate or learn more, please visit [Movember.com](https://uk.movember.com/get-involved/moustachery).