



# MOVEMBER FOUNDATION

IS THE ONLY GLOBAL CHARITY RAISING FUNDS  
AND AWARENESS FOR MEN'S HEALTH

WHEN IT COMES TO THEIR HEALTH, TOO MANY MEN DON'T TALK, DON'T TAKE ACTION AND DIE TOO YOUNG. WE WANT TO HELP MEN LIVE HAPPIER, HEALTHIER, LONGER LIVES THROUGH INVESTING IN KEY 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 the conversations generated, we've raised over \$710 million and helped fund over 1,200 breakthrough men's health projects 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.

## **MENS HEALTH STATS**

1 in 7 men will be diagnosed with prostate cancer in their lifetime

Testicular cancer is the most common cancer in young men aged 15 - 34 years

1 in 4 adults in the US will experience a mental health problem in a given year

3 out of every 4 suicides are men

Moving on a regular basis can reduce your risk of heart disease, diabetes, and cancer by up to 50% and lower your risk of early death by up to 30%

## **HOW TO GET INVOLVED**

Every Movember, we challenge men to grow a moustache, or for both men and women to make a commitment to get active and Move or Host an event, all of which spark conversations and raise vital funds and awareness for men's health.

Men and women sign up at [Movember.com](http://Movember.com)

Choose to Grow, Move, or Host

Men start Movember 1st clean-shaven and grow only a moustache for 30 days

Women and men commit to Move and be physically active

Women and men can choose to Host a Movember event during the month

Get friends and family to donate to change the face of men's health

**GROW, MOVE OR HOST AND SPREAD THE WORD #MOVEMBER  
VISIT [MOVEMBER.COM](http://MOVEMBER.COM)**