



When it comes to their health, too many men stay silent and too few take action. As a result, they're dying too young.

Movember aims to help men live happier, healthier, longer lives by focusing on three key areas:

Prostate cancer

Testicular cancer

Mental health and suicide prevention

WHAT IS A MO SISTA?

Mo Sistas are women who participate in Movember. They throw their enthusiasm behind the cause of men's health, promoting it among the men in their lives and helping to kickstart important conversations around the world.

For the month of Movember, Mo Sistas sign up to Move or Host. The only thing Mo Sistas can't do is Grow (for obvious reasons).

Mo Sistas are true champions of Movember. As wives, mothers, sisters and friends, Mo Sistas play an important role in prompting the men in their lives to take action for their health. They are key players in rallying others to join the Movember movement, inspiring them to Grow, Move, Host or to simply donate, all the while raising much-needed funds and awareness.

HOW TO GET INVOLVED

- Sign up at Movember.com as a team captain and start recruiting a team, or join an existing team.
- Move for Movember: run or walk 60kms over the month. That's 60kms for the 60 men we lose to suicide each hour, every hour.
- Host a Mo-ment: rally a crew and do something fun: throw a good old-fashioned house party, organise a tennis tournament or a trivia night at your favourite local bar – whatever you like. Hosting is all about having a good time for a good cause.
- Set some ambitious fundraising goals and inspire people to donate. Post regular updates on your Mo Space, share photos and stories, and use Instagram and Facebook to let people know what you're doing and why. And always remember to thank people for their donations.
- Be loud, proud and passionate – the funds you raise allow Movember to pursue ground-breaking work in prostate cancer, testicular cancer, mental health and suicide prevention. Now that's something to be proud of.



BE A MO SISTA