



# MOVEMBER



Movember, the month formerly known as November, is when brave and selfless men around the world grow a moustache, and women step up to support them, all to raise awareness and funds for men's health - specifically prostate cancer, testicular cancer, mental health and suicide prevention



Movember, also known as **Men's Health Awareness Month**, is celebrated on **19 November**



Growing a Mo is like wearing a symbol representing healthier men and a healthier world, all Movember long. It tells everyone you walk past that a healthier world matters

**For more information and support please go to**

<https://uk.movember.com/mens-health/get-support>

