



MOSISTAS: WE NEED YOU!

HBK MO 2012

WELCOME TO THE TEAM!

A Mo Sista can show support in a number of ways, from simply donating to the Mo Bro in their life, through to starting a team of moustache merchants. Here are a few ideas to get things started:

Register as a Mo Sista and start or join a team

Recruit team members through the workplace or through an existing network of family and friends

Raise funds for your team through social networking platforms (Facebook, Twitter), email or for the Mo on the Go - the Movember app for smart phones

Buy a Gala ticket and join other Mo Bros and Mo Sistas at one of our legendary Movember Gala Partés

Register and organise your own Mo Party in your workplace or community

Dust off those sneakers and prepare to get hot and sweaty at your local Running of the Mo's event

Ask a Mo Bro if he's had an annual health check up and if over 40, a PSA Test

Order health materials from Movember.com for the men in your life

Smile at a Mo Bro and compliment his Mo. It helps them grow. FACT.

MoSistas - You are agents of change for men's health. We salute you!



TWITTER: @HBKMOS



WWW.FACEBOOK.COM/HBKMO12



HBKMO@HINCHBK.CAMBS.SCH.UK