

Introduction to Movember

On average, men are dying 4.5 years earlier than women, and for preventable reasons. Approximately 10.8 million men worldwide are living with a prostate cancer diagnosis. Testicular cancer is the most commonly diagnosed cancer among young men globally, and men account for 69% of all suicide deaths around the world.

The Movember Foundation is a global charity event that raises funds and awareness for men's health. Movember focuses on the three major health issues faced by men: mental health and suicide prevention, prostate cancer, and testicular cancer. They fund various projects all over the world that focus on these health issues, empowering men to understand what works best and create change.

Since 2003, more than 1,250 men's health projects around the world have received funding from Movember, challenging the status quo, reshaping the field of men's health research, and transforming men's access to health services and support. 100% of the funding goes towards research, health service interventions, and their evaluation.

Here are four ways YOU can get involved:

1. **Grow** a Mo (moustache) to raise awareness and funds for men's health, which is the most well-known way of supporting Movember. It is a representation of healthier means and a healthier world. Remember to start off by shaving down on November 1st.
2. **Move!** Walk, or run 60 miles throughout the month of November. This number represents the 60 men we lose to suicide each hour globally. You can make this a fun, friendly competition by challenging your friends, and the winner can receive the bulk of donations to their personal Mo Space account.
3. **Host** a mo-moment to raise awareness. This can be done by hosting an online or in-person games night, such as a trivia night (Mo Trivia), bingo night (Bing-Mo) or a sports tournament.
4. **Mo Your Own Way** by creating your own challenge to raise funds and awareness for men's health. This can include taking on a physical activity challenge, changing a habit or anything else in support of this cause!

Join the global community of Mo Bros and Mo Sisters by participating in Movember this year. Get involved by joining [Magna International's Movember Team](#).

For more information on Movember visit: <https://ca.movember.com>



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