

November is Men's Health Month!

This month is dedicated to de-stigmatizing mental health, suicide and to take on prostate and testicular cancer. Join us in starting conversations for men's health through these various initiatives:

1) Grow a Mo:

Growing your "mo" is a symbol for better men's health. It starts important conversations. Growing a "mo" shows the world that you stand for healthier men and a healthier world. Join us on November 28th for the great "shave-down" at CNC's Men's Health Fair!

2) Move for Mental Health:

Movement is how we honor the 60 men lost to suicide globally every hour. To take part, all you must do is run or walk 60km. Cover the distance in one go or over the month! There are prizes to be won for participation!

3) Mo your Own Way:

There are many ways to support men's health! That's why we have a Mo your own Way. Climb a mountain, break a personal best or quit social media for a month or take on a dare for men's health! Do it your own way and you won't go wrong!

Registration

Full Name	
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Student ID	
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Email Address	
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Men's Health Challenge Selection	Select One
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If you selected "Mo Your Own Way", provide a brief description here:

Submit to Wellness Promotions Coordinator:
