

SIMPLE WAYS TO GET INVOLVED CHECK OUT THREE MEN'S HEALTH EVENTS



MOVEMBER.BM

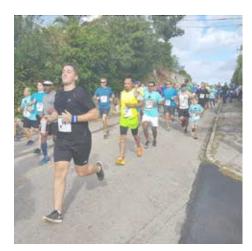
Grow a Mustache!

Register - start the month of

November clean shaven, grow a

MO for 30 days and encourage
people to make donations:

www.MOvember.bm



AXA MAN ON THE RUN

MOve for Fun!
Join Bermuda's man only run!
Start gearing up for the 5km run
on Nov 11 - start feeling healthier
and happier!
To register, visit:
www.racedayworld.com



MEN'S HEALTH SCREENING

MOtivate men to learn their #'s. Knowing your risk factors and family cancer history will aid prevention and early detection. Come to the FREE men's health screening event on Nov 15. For more info visit: www.chc.bm

EVERY MOVE MADE AND DOLLAR RAISED WILL SUPPORT BERMUDA CANCER AND HEALTH CENTRE'S EQUAL ACCESS FUND ALONG WITH OUR MEN'S HEALTH PROGRAMMES.





