



# Men's Health – Cancer Awareness Month **MOVEMBER CHALLENGE**

# 1

SHAVE THE DATE  
"NOVEMBER 1<sup>ST</sup>"  
START WITH A CLEAN SHAVEN  
FACE.

# 2

FOR THE ENTIRE MONTH OF  
MOVEMBER YOU MUST **GROW**  
AND GROOM A MOUSTACHE.

# 3

DON'T FAKE IT. NO BEARDS, NO  
GOATEES, NO FAKE MOUSTACHES.

# 4

USE THE POWER OF THE MOUSTACHE TO  
CREATE CONVERSATIONS ABOUT MEN'S  
HEALTH AND TO RAISE AWARENESS TO  
PROSTATE CANCER, TESTICULAR CANCER,  
AND MENTAL HEALTH.

# 5

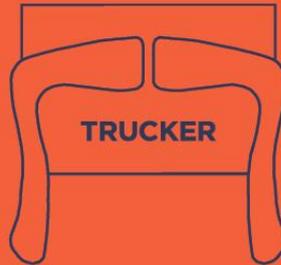
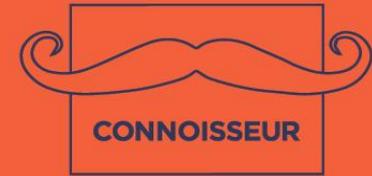
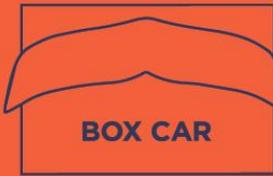
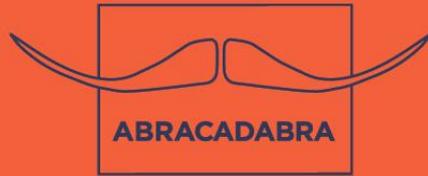
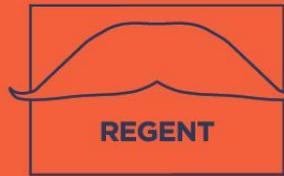
THE BOARD OF SUPERVISORS WILL  
JUDGE THE BEST  
**MOVEMBER MOUSTACHE!**



SUBMIT A BEFORE AND AFTER SELFIE (PICTURE) TO  
[OEHEALTH@CO.TULARE.CA.US](mailto:OEHEALTH@CO.TULARE.CA.US) BY **DECEMBER 1<sup>ST</sup>**.

MADE IN MOVEMBER STYLE GUIDE

# LOCALLY GROWN STYLES



MOVEMBER.COM

