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## WORKPLACE INTRANET OR WEBSITE TEMPLATE

**Support Movember and help change and save lives**

<company> will participate in Movember to raise awareness about mental health and suicide prevention, prostate cancer, and testicular cancer. By growing moustaches, hosting events, or setting personal fitness goals, we’ll join millions of people around the world who are helping men live happier, healthier, and longer lives.

Join <company> take part in Movember. We’ll have fun, do a heap of good, and learn all about men’s health. You can join our team here: <insert team name and page link>.

Here’s what we’re doing.

<insert what you’re doing>.

* We’re growing Mo’s to start conversations about men’s health.
* We’re each moving 60<specify miles or km> for the 60 men we lose to suicide each hour, every hour across the world.
* We’re hosting an event <describe your event>.
* We’re taking on an epic challenge <describe your epic challenge>.

With the money raised, Movember will fund groundbreaking health projects across mental health and suicide prevention, prostate cancer and testicular cancer.

Join our team here: <insert team name and page link>

Head to [movember.com](https://movember.com/) for more information.

## EMAIL TEMPLATES

### Email template: Pre-Campaign

**Subject: Sign up to help change and save lives**

Join Movember to raise funds and awareness for men’s health.

Around the world, men are dying too young – and largely for preventable reasons.

That’s why <company> will participate in Movember to raise awareness about mental health and suicide prevention, prostate cancer, and testicular cancer. By growing moustaches, hosting events, or setting personal fitness goals, we’ll join millions of people around the world who are helping men live happier, healthier, and longer lives.

Join team <insert team name and page link> for the month of Movember. You’ll help fund groundbreaking men’s health projects, all while havin’ fun and doin’ a heap of good.

Here’s what we’re doing.

<insert what you’re doing>

* We’re growing Mo’s to start conversations about men’s health.
* We’re each moving 60<specify miles or km> for the 60 men we lose to suicide each hour, every hour across the world.
* We’re hosting an event <describe your event>.
* We’re taking on an epic challenge <describe your epic challenge>.

How to get involved:

1. Sign up to the team page at <insert team name and page link>
2. Upload a pic, choose how you’re going to participate, and spread the word to get others involved
3. Start prepping
4. Kick-off is on the first day of the month formerly known as November

Head to [movember.com](https://movember.com/) for more on men’s health, fundraising ideas, or info on Movember. Alternatively, reach out to <Movember lead at your company>.

Thank you for your outstanding support in helping us change the face of men’s health!

<closing>

<your name>

### Email template: Movember 1 is here

**Subject: Movember is here. Join us for the hairiest month of the year.**

Movember is here – so join us for the hairiest month of the year as we raise funds for men’s health.

Team <insert team name and page link> is raising money for Movember. Our fundraising will power groundbreaking men’s health projects in mental health, suicide prevention, prostate cancer and testicular cancer.

We’ve got <insert number> people signed up as part of our <insert team name> team – and we’d love you on our side. You can help by:

<insert what you’re doing>

* Growing Mo’s to start conversations about men’s health.
* Each moving 60<specify miles or km> for the 60 men we lose to suicide each hour, every hour across the world.
* Hosting an event <describe your event>.
* Taking on an epic challenge <describe your epic challenge>.

Visit [movember.com](https://movember.com/) for information about men’s health, fundraising ideas, or more on Movember. Alternatively, reach out to <Movember lead at your company>.

<closing>

<your name>

### Email template: Mid-month reminder

**Subject: We’re halfway there**

We’re officially halfway through Movember and on our way to changing the face of men’s health.

But with <X> days left, there’s plenty of work to do. So far, <company> Mo’s have raised <amount> toward our goal of <amount of fundraising goal>.

<include Move challenge progress if participating> If we keep those moustaches growing, feet moving, and fundraising rolling, we’ll hit our goal in no time!

<insert information about any internal competitions, incentives, or special announcements>

Visit [movember.com](https://movember.com/) for more on men’s health, fundraising ideas, or info on Movember. Alternatively, reach out to <Movember lead at your company>.

<closing>

<your name>

### Email template: End-of-month push

**Subject: Movember is over (but the fight for men’s health doesn’t end here)**

On behalf of <company> and Movember, we want to acknowledge your incredible support for men’s health over the past month. Together, the <company> community raised <amount> to fund game-changing work in mental health and suicide prevention, prostate cancer, and testicular cancer.

<if you hit your goal, came up a bit short, also had a successful Move campaign, etc., you can acknowledge that here>

<information about prize winners, top fundraisers, farthest movers, best moustaches, company news, etc. is best placed here>

Although Movember is over, the importance of spreading awareness for men’s health continues.

So please don’t forget to remind all the men in your life to take care of their health and wellbeing. Thanks again for being a part of Movember and helping change the face of men’s health.

Visit [movember.com](https://movember.com/) for info on men’s health, fundraising ideas, or more on Movember. Alternatively, reach out to <Movember lead at your company>.

<closing>

<your name>

## SOCIAL POST TEMPLATES

### Social template: Pre-campaign

* Globally, men are dying too young – largely from preventable causes. You can change that by joining my team and taking part in #Movember. We’ll have fun, do a heap of good, and raise funds for men’s health. <insert team name and page link>
* I’m taking part in #Movember this year. I’m raising money and starting conversations for men’s health – and you’re invited to help. Join the team at: <insert team name and page link>
* The more mo’s, the merrier. Join our #Movember team to have fun, raise funds, and stop men dying too young <insert team name and page link>

### Social template: Movember 1st

* #Movember is here – so join me for the hairiest month of the year and help raise funds for groundbreaking men’s health projects around the world. Support here: <insert team name and page link>
* It’s the first day of the month formerly known as November and I’m fundraising for men’s health. It’s not too late to join the #Movember team <insert team name and page link>