



HOW TO CELEBRATE MOVEMBER IN THE WORKPLACE



Grow (or make) a “Mo”



The original way men raised awareness for Movember was by growing mustaches (“Mo”s). Consider a mustache competition where team members can grow or design a mustache, and then give awards or hold an event where everyone can share theirs.

Group Fitness Challenge



Encourage physical activity for your team, which benefits everyone, regardless of gender. This could be a fitness app, steps challenge, or simply incorporating physical movement during the workday.



Movember is a movement that was created to raise awareness on men’s health, particularly for mental health, suicide prevention, and prostate and testicular cancer.

Support Mental Health



Provide opportunities for mental wellness at work. Look at bringing in a mindfulness coach, promoting acts of kindness, sharing breathing techniques, or setting aside a calm-down space or “Zen zone” in the office.

Host a Lunch & Learn



Lunch & Learns have become a popular way to share info without interrupting workflow. It could focus on mental health, preventative health, self care, or any related topic.

Give Money or Time



Hold a fundraiser or volunteer with a charity related to men’s health. It’s a great way for team members to bond and feel good about giving back.