

MOvember

MOvember (the month formerly known as November) is an annual charity event held during November with the aim of creating awareness and raising money for men's health issues such as prostate cancer, testicular cancer and mental health.



Change the face of men's health by supporting MOvember. Guys in the Cayman Islands pay a registration fee, which gets them a specially designed (and much sought after) MO T-shirt, and the opportunity to compete for the coveted prize of CAY-MAN of MOVEMBER. On the 1st of Movember, contestants start clean-shaven, and have the month to grow their MO. To raise money for the cause they approach family, friends and co-workers who pledge to sponsor them some cash for growing their 'tache. MO Sistas can also show their support by buying a T-shirt - we have special ladies sizes too (aren't we caring!)

Whether you can grow a MO or not, you can support the cause by clicking and donating here: <http://movember.ky>. Those who are participating can also sign up on this page and pay the registration fee online or drop by the CICS office.

The Lion's Club of Grand Cayman

In Partnership with **CTMH Doctors Hospital**

NOVEMBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

Events:

- 1st Nov (Thu):** MCO Opening Night - The King's Award, Commem Day 5:00 - 10:00pm
- 2nd Nov (Fri):** MCO Community Class w/Mark - Exercise Class 9:00am - 10:00am, Lunch 10:00am - 1:00pm
- 14th Nov (Wed):** MCO Men's Health Day - 9:00am - 5:00pm
- 16th Nov (Fri):** MCO Men's Health Day - 9:00am - 5:00pm
- 17th Nov (Sat):** MCO Men's Health Day - 9:00am - 5:00pm
- 22nd Nov (Thu):** MCO Men's Health Day - 9:00am - 5:00pm
- 23rd Nov (Fri):** MCO Men's Health Day - 9:00am - 5:00pm
- 24th Nov (Sat):** MCO Men's Health Day - 9:00am - 5:00pm
- 29th Nov (Thu):** MCO Men's Health Day - 9:00am - 5:00pm
- 30th Nov (Fri):** MCO Men's Health Day - 9:00am - 5:00pm

Phone: 949-7618
www.november.ky

• CHANGING THE FACE OF MEN'S HEALTH •