

# MEN'S HEALTH: IN BERMUDA

A chance for men in Bermuda to come together to improve health and raise funds for men's health. It's about having fun, doing good, while getting active, reviewing your risk factors and health history.

## 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](http://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](http://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](http://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.**



236-1001



[INFO@CHC.BM](mailto:INFO@CHC.BM)



[WWW.CHC.BM](http://WWW.CHC.BM)