# CHANGING THE FACE OF MEN'S HEALTH

MOVEMBER

LIMITED STOCK. BE QUICK!

## MO YOUR OWN WAY

GROW A MO!

GET MOVING!

MAKE A DONATION!




## SHOW US YOUR GROWMITMENT?

Visit your local branch, show us your Mo, your progress or what you've committed to this Movember, and you could score a pair of limited-edition Complete Air Supply socks!

25 WEDNESDAY 25TH NOVEMBER

Join us for a final 'Show the Mo' catch up. Bring your mates, have a chat and support Men's Health.

**PLUS $100 FOR THE BEST MO!**

GET THE DETAILS FROM YOUR LOCAL BRANCH!

COMPLETE AIR SUPPLY

Join the Complete Air Supply / Beijer Ref Movember team.