



NOVEMBER MOVEMBER REGISTRATION 2019

NAME: SURNAME:

ID NR: EMPLOYER:

CONTACT NR: EMAIL:

ENTRY:

1. **Mo Bro Activist N\$150** – enter the category competition.

CATEGORIES:

- Mr Moustache (grow a moustache in any shape colour or length)
- Bearded (grow a beard in any shape colour or length)
- Bad Hair Day (let it all grow out of control, hair, beard & moustache)

2. **The Ultimate Movember Supporter N\$200** – enter the best supporter competition by raising the most funds with a donation form.

ADDRESS:

(an original donation form will be sent overnight to participants not staying in Windhoek. Windhoek residents should please collect their original donation form at CAN office 90 John Meinert St, Windhoek West.)

3. **The Ultimate Mo Bro N\$250** – enter the category & best supporter competition by growing your beard|moustache and raising funds with a donation form.

The annual November Movember campaign is a global movement responsible for the sprouting of millions of moustaches and beards around the world. By encouraging men (whom the charity refers to as "Mo Bros") to get involved, Movember aims to increase early cancer detection, diagnosis and effective treatments, and ultimately reduce the number of preventable deaths. Besides annual check-ups, the November Movember campaign encourages men to be aware of family history of cancer and to adopt a healthier lifestyle.

Namibian statistics indicate 342 diagnosed prostate cancer cases and 24 testicular cancer cases during 2015 and 2016.



Prostate cancer is the most common cancer amongst men in Namibia. In the beginning there are no signs and symptoms but when the prostate gland enlarges the patient will experience symptoms. Have a yearly blood test and rectal examination from age 50. It is even reasonable to start at 40, because earlier age onset is increasing. If there is prostate cancer in your father's family start screening 10 years before the age onset in the affected relative.



Testicular cancer is the most common cancer in males between 15 and 35 years. No real causes are known but boys whose testes have not descended into the scrotum, are at high risk. Early detection plays a role in successful treatment. This is done by regular testicular self-examination, a procedure that all young men should learn. When doing testicular self-examination, you should be looking for changes in the size or consistency of the testicle. If you find anything abnormal for example a lump, you should check with your doctor.

The aim of the November Movember campaign is to have an everlasting impact on the face of men's health in Namibia.

HOW DO I BECOME PART OF THE NOVEMBER MOVEMBER MOVEMENT?

BECOME A MO BRO ACTIVIST -

- STEP 1:** Complete your registration to enter the Mo Bro Activist competition. Register for any of the 4 categories and email your registration with the proof of payment to projects@can.org.na before 31 October 2019.
- STEP 2:** Take a selfie with your clean shaved face and a Newspaper showing the date 1 November 2019 and send it to Email projects@can.org.na or Whatsapp 081 141 7082 on 1 November 2019. Please note that this is the only day that selfies can be entered into the Mo Bro Competition. Entrants will be disqualified if selfies are sent before or after this date.
- STEP 3:** Grow a beard or moustache until 20 November 2019.
- STEP 4:** Take a beard|moustache selfie with a Newspaper on 20 November 2019 and send it to Email projects@can.org.na or Whatsapp 081 141 7082. Please note that this is the only day that selfies can be entered. Entrants will be disqualified if selfies are sent before or after this date.
- STEP 6:** CAN will place before and after selfies on Facebook on 21 November 2019, invite your friends & family to like and share. The most likes will win the specified category. Voting closes on 23 November 2019.
- STEP 7:** Winners will be announced at the prize giving on Friday, 29 September 2019

BECOME THE BEST MO BRO SUPPORTER –

- STEP 1:** Complete your registration to enter The Best Mo Bro Supporter competition. Email your registration to projects@can.org.na before the end of October 2019.
- STEP 2:** Start collecting funds. Participants residing in Windhoek must collect their original donation forms from CAN office at 90 John Meinert St. Windhoek West. Participants not from Windhoek will receive their original donation forms via courier.
- STEP 3:** The Best Mo Bro Supporter competition closes on 20 November 2019. Please deposit funds raised on 20 November 2019. Deliver or send proof of payment with original donation form no later than 23 November 2019. Bank Details: CANCER ASSOCIATION OF NAMIBIA | FNB | ACC NR: 555 1334 9239 | BRANCH CODE: 280 272 | REFF: Movember / Entry Nr.
- STEP 4:** Winners will be announced at the prize giving on Friday, 29 September 2019

BECOME THE ULTIMATE MO BRO – Follow the above instructions for Mo Bro Activist and Mo Bro Supporter.

TERMS & CONDITIONS

1. The selfies must be taken with a daily paper indicating the date and be handed in on specified dates.
2. Original donation forms should be collected/couriered and returned to CAN office as this is the legal property of the Cancer Association of Namibia.
3. A proof of payment or cash must be handed in with the donation form on 20 November 2019.
4. Before and after photos of participants will be placed on Facebook on 21 November 2019. Voting will be closed on 23 November 2019. The prize giving will take place on Friday, 29 November 2019.
5. If you live outside of Windhoek and is not able to collect your prize, you will be informed of your winnings. You may send a representative to collect your prize at the prize giving.

I,, understand and accept the terms and conditions set by the Cancer Association of Namibia for the November Movember campaign.

SIGNATURE:

DATE:

