**Pre-talk Email Template**

**Subject line:** Let’s Talk Men’s Health – Join the Movember @ Work Session  
**Preview text:** A conversation that could change a life (maybe even yours)

**Hi [Team/Name],**

This Movember, we’re bringing the conversation straight to you.

Join us for a special workplace session hosted by **Movember**, the global men’s health movement changing the face of men’s mental health, suicide prevention, prostate cancer, and testicular cancer.

This isn’t your average health talk. It’s real, relevant, and practical.

We’ll cover:

* What Movember’s all about – and how your moustache (or support) makes a real difference
* The health stats every man (and everyone who cares about them) should know
* How to spot the signs when someone’s struggling – and how to start a life-changing conversation
* Simple actions that support better mental and physical health

Whether you're a man, you care about one, or you’re just keen to help build a healthier workplace culture—this is a session for you.

**📅 Date:** [Insert date]  
**🕒 Time:** [Insert time]  
**📍 Where:** [Insert location / video link]  
**🔗 Register here:** [Insert sign-up link]

Let’s get talking.  
Because men’s health matters—and conversations save lives.