**Outlook Calendar Invite**

**Subject line:** Movember @ Work: A Conversation on Men’s Health  
**Location:** [Insert meeting room or video link]  
**Date & Time:** [Insert date and time]

**Description:**  
Join us for a powerful and practical session with **Movember**, the global men’s health movement.

This 45-minute talk will unpack:

* What Movember’s all about—and why it matters
* Key health issues facing men today (mental health, prostate cancer, testicular cancer)
* The role we all play in supporting the men around us
* Tools to help you check in with a mate, or check in with yourself

Whether you’re a man, care about one, or want to be part of a healthier, more supportive workplace—this session is for you.

**No moustache required. Just bring yourself.**

🔗 **[Add RSVP or internal registration link here, if applicable]**