



- 1 REGISTER AT MOVEMBER.COM
- 2 JOIN THE SASKATCHEWAN CONSTRUCTION INDUSTRY CHALLENGE
- 3 CREATE OR JOIN A TEAM
(i.e. Jobsite or Company)
- 4 MOVE OR MO
(i.e. Move 60km or Grow a Moustache)



Why?

This campaign is dedicated to enhancing **mental health awareness and support within the construction industry**. Mental health remains a crucial issue in the construction industry, where workers face unique pressures that can lead to higher rates of stress, anxiety, and depression.

How?

The Movember Challenge offers two simple ways for the construction industry to get involved:

Move Challenge: Engage in regular physical activity throughout November.

Mo Challenge: Grow a moustache to support men's mental health.

In Collaboration with



SASKATCHEWAN
CONSTRUCTION SAFETY
ASSOCIATION



Together, We Build Saskatchewan

