

# 1 REGISTER AT [MOVEMBER.COM](https://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