

For the month of November, we wanted to highlight the importance of mental and physical health for both men and women.

We have all heard of “**Movember**”, but what is it all about? Movember is the leading charity for prostate cancer, testicular cancer and mental health and suicide prevention for men. “Since 2003, Movember has funded more than 1250 men’s health projects around the world, challenging the status quo, shaking up men’s health research and transforming the way health services reach and support men. In Canada, testicular cancer is the most commonly diagnosed cancer in young men. Prostate cancer is the second most common cancer in men worldwide.” To learn more about Movember and men’s health, visit the [Movember website](#). This month we are encouraging you to learn more about men’s health for yourself, or a family member. Get comfortable with talking about men’s health!

“70% of men say their friends can rely on them for support, but only 48% say that they rely on their friends. In other words: we’re here for our friends, but worried about asking for help for ourselves. Reaching out is crucial.”



We would also like to invite you to our monthly lunch and learn for November:

**Date:** Thursday November 28<sup>th</sup>  
**Time:** 12:00-13:00  
**Topic:** The Art of Relaxation

If you would like to sign-up, please respond to this email or contact [Wellness@bchsys.org](mailto:Wellness@bchsys.org)

Have a great day!