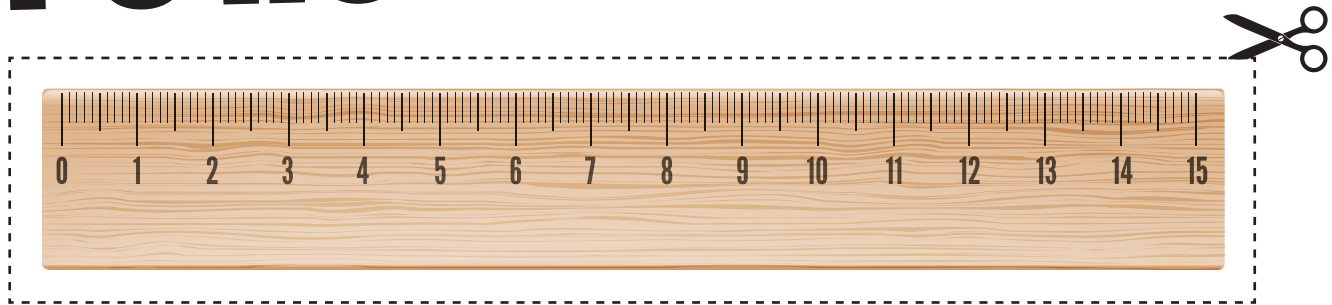


IT'S NOT THE LENGTH THAT MATTERS IT'S HOW YOU USE IT!



1. **Cut out your ruler**
2. **Measure your growth each week**
3. **Take a selfie or a photo**
4. **Send it to us @sthelenscouncil on twitter or facebook with the phrase - Take a MO' and ask a bro how they are! It's #OK2ASK**

November
TIME


MOVEMBER®
SUPPORTER

STANDING IS PREVENTABLE
OK2ASK

ST HELENS
BOROUGH COUNCIL