



### Call to Action:

Be a part of something truly special this November! We invite you to join the #NoShaveNovember movement and help make a meaningful impact in the fight against cancer. It's simple – let your facial hair grow, raise awareness, and most importantly, support the incredible work being done at VCU Massey Comprehensive Cancer Center (@VCUMassey) in the field of cancer care and research.

Cancer touches so many lives, and together, we can make a difference. By participating, you not only spread awareness but also contribute to funding hope and progress. Every dollar counts, and every whisker grown is a symbol of solidarity.

Ready to be a part of this amazing cause? Learn more about how you can participate, donate or get involved by visiting the Awareness Month section of our website (<https://www.masseycancercenter.org/about-us/news-and-media/awareness-month-graphics>). There you can download our social media packet containing graphics and sample social media posts. Together, we can turn scruff into strength and support #VCUMassey's lifesaving efforts. Let's make this November one to remember! #DonateNow

### URL:

<https://vcumassey.org/noshave>

### Links to Canva Templates:

[Selfie frame](#)

[Social card](#)

[Header](#)

### User Guide:

1. **Select your preferred platform:** Choose where you'd like to share your No-Shave November posts, whether it's Facebook, Instagram, Twitter/X or any combo.
2. **Introduce your cause:** Start your post by explaining the purpose of your campaign - supporting VCU Massey Comprehensive Cancer Center's vital work in cancer care and research.





3. **Share the post:** Share one of the pre-written posts from the earlier suggestions, and include the hashtag #VCUMassey and #NoShaveNovember. Tag @VCUMassey (Twitter/X and Instagram) and @VCUMasseyComprehensiveCancerCenter (Facebook).
4. **Personalize your message:** Add a personal touch by sharing why this cause is significant to you or how cancer has impacted your life or the lives of your loved ones.
5. **Encourage sharing:** Invite your friends and colleagues to share your post. The more it's shared, the more people will see it and potentially donate.
6. **Include information:** Offer details on how your friends and colleagues can make a donation. Provide a brief description of how they can contribute, such as visiting the Massey website or connecting with Massey on social media.
7. **Thank your supporters:** Express gratitude to those who show interest and support. Thanking them for their consideration can encourage more people to participate.
8. **Regular updates:** Post updates on your No-Shave November progress, even if you can't track donations directly. Share pictures and stories of your beard/mustache journey to keep your friends and colleagues engaged and informed.
9. **Regular reminders:** Post reminders throughout November to ensure the cause stays top of mind. People's schedules can be hectic, so periodic reminders can help prompt action.
10. **Stay positive and engaging:** Maintain a positive and engaging tone in your posts. Share uplifting and informative content about cancer research and the positive impact of #VCUMassey.

#### Tweets:

1. 🙋 It's that time of the year again! I'm taking part in #NoShaveNovember to support #VCUMassey in their fight against cancer. Help me make a difference by donating today! Together, we can save lives. 💪 Donate here: <https://vcumassey.org/noshave>
2. ❤️ This November, I'm embracing the scruff for a cause close to my heart - cancer care and research at #VCUMassey. Let's fund hope and a future without cancer. Your donation, big or small, can make a huge impact! #NoShaveNovember 💪 Donate now: <https://vcumassey.org/noshave>
3. 🙋 Every beard and mustache hair I grow this #NoShaveNovember is a symbol of solidarity with cancer patients and their families. Join me in supporting #VCUMassey's lifesaving work. Donate and let's grow hope together! 🙌 Donate here: <https://vcumassey.org/noshave>
4. 🌱 My face, my canvas for change. This November, I'm letting it all grow to support cancer care and research at #VCUMassey. Together, we can turn scruff into strength. Please consider donating! ❤️ #NoShaveNovember Donate here: <https://vcumassey.org/noshave>
5. 🙋 Growing my hair this #NoShaveNovember for a cause that matters - supporting #VCUMassey's incredible work in cancer care and research. Your donation can help save lives and bring hope to so many. Join me in making a difference! ✨ Donate now: <https://vcumassey.org/noshave>

#### Facebook Posts:

1. 🙋🙋 I'm going scruffy for a cause this November! As part of #NoShaveNovember, I'm raising funds to support cancer care and research at #VCUMassey. Together, we can make a difference. Please consider donating and sharing this post to spread the word! Donate here: <https://vcumassey.org/noshave>

2.  This month, I'm putting my razors away for a fantastic cause - #NoShaveNovember in support of #VCUMassey's vital work in cancer care and research. Cancer affects so many lives, and your donation can help us create a brighter future. Join me in the fight! Donate now: <https://vcumassey.org/noshave>
3.  It's time to let my hair grow wild in solidarity with cancer patients and their families. Join me in supporting #VCUMassey during #NoShaveNovember. Your generous donation will make a real impact on their incredible work. Please contribute and share this post! Donate here: <https://vcumassey.org/noshave>
4.  This November, my facial hair is a canvas for change. I'm growing it out to raise funds for #VCUMassey's cancer care and research. Let's turn scruff into strength! Your donation, no matter the size, can help save lives. Please donate and spread the word! #NoShaveNovember Donate here: <https://vcumassey.org/noshave>
5.  I've taken on the #NoShaveNovember challenge to support #VCUMassey in their mission to combat cancer. Every dollar you donate brings hope and progress. Join me in making a difference, one whisker at a time! Donate now: <https://vcumassey.org/noshave>