



## **MEDIA RELEASE**

Date: November 7, 2024

### **Ready, Set, Grow! Dare to Flash a 'Stache is Back!**

It's November and that means it's Dare to Flash a 'Stache (DTFAS) time! Participants are invited to grow mustaches or beards until the end of the month while raising funds and having some fun. Ladies are also welcome to participate by creating a "fashion a fake" for the men in their lives, or by growing their leg hair or eyebrows! To register yourself or your team and start fundraising, visit <http://bit.ly/DTFAS2024>. Cash donations can also be made at local Foodland stores in Winchester, Greely, Osgoode and Iroquois.

The Black Walnut Prostate Cancer Support Group is proud to be leading this important local fundraiser after a two-year break. Everyone is encouraged to sign up a team and challenge others – family, neighbours, colleagues, similar businesses, or service clubs. Let's get competitive!

"We suspended DTFAS for two years," notes Doug Nugent, one of the organizers. "But there was a lot of renewed interest this year, so we decided to do it again."

"We are glad you did!" says Justine Plummer, Manager of Direct Mail & Events at the WDMH Foundation. "It's going to be a great month of raising funds and growing moustaches!"

Proceeds will be shared equally between the WDMH Foundation and The Ottawa Hospital Foundation. The WDMH Foundation will use funds raised to support the Cancer Care Navigator Fund, helping individuals diagnosed with or affected by cancer, as they navigate their cancer journey.

On average, 64 Canadian men are diagnosed with prostate cancer every day, and 11 will succumb to it. With your support, we can help change these statistics! For details, visit <https://www.facebook.com/Black-Walnut-Group-297993444228903>.

For more details, visit <http://bit.ly/DTFAS2024>. or call 613-774-3431 or 613-774-3565.

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**\$10**  
to Register

Register online at:  
**[bit.ly/DTFAS2024](https://bit.ly/DTFAS2024)**

**Grow or show a moustache to raise awareness about prostate cancer in November**

*Sign up individually or join a team!*

Cash donations gratefully accepted at the following Foodland locations:

**Greely, Iroquois, Osgoode, Winchester**

**EVERYONE WELCOME  DONATE ONLINE**

**All funds stay local to support cancer related programs**

50% to WDMH Foundation to support the Cancer Care Navigator Program

50% to Ottawa Hospital Foundation to support Prostate Cancer Research.

**EVERY DOLLAR DONATED TO THE OTTAWA HOSPITAL FOUNDATION WILL BE LEVERAGED BY \$10 MORE!**

For further information contact 613-362-1285- 613-774-3431 or 613-774-3565