



Decembeard

Be brave.
Don't shave.

**Men join together this Decembeard
and raise money for Bowel Cancer UK**

Grow a beard throughout December and support
vital research and lifesaving work to stop bowel cancer

Sign up at [bowelcanceruk.org.uk/decembeard](https://www.bowelcanceruk.org.uk/decembeard)

 /charitybcuk

 @Bowel_Cancer_UK