

DON'T WAIT UNTIL IT'S TOO LATE

PRESENTED BY CAPTAIN HUGO TOOVEY



STAYALIVE

**“Highly engaging and
simply outstanding.”**

RICHARD WAGNER - CEO, MORGAN STANLEY





‘Hugo shared one of the most inspirational and engaging stories I’ve ever heard’

DANIEL SANTOS, GENERAL MANAGER TELSTRA

Yes, you can face multiple life-threatening diseases and still share your story with grace and humour in order to help others.

Hugo Toovey is a 31 year-old Army Captain, Founder of 25 STAY ALIVE, a two-time Cancer Survivor and a Mental Health Advocate.

If you didn’t know Hugo, you would assume that he was your typical everyday young Australian. And yes, from the outside, he appears to be exactly that. However, the last 10 years of his life has been everything BUT normal. He is missing a testicle, part of his reproductive system, all of his abdominal lymph nodes, his large bowel, his rectum and part of his small bowel. Not only has Hugo survived both testicular cancer and bowel cancer, but he has also had ongoing battles with his mental health. Yet despite all of this, he is more determined than ever to use what he has gone through to save lives.

Hugo is also a proud ambassador for Movember, Gotcha4Life and the Jodi Lee Foundation.

ABOUT THE PRESENTATION

In this powerful presentation, you will join Hugo on an emotional roller-coaster as he shares his remarkable story of resilience and overcoming adversity. There will be tears, laughter and goosebumps, and you will learn some life-saving lessons along the way.

“Hugo shared a very personal, powerful and inspiring story that provided the team a strong sense of hope, comfort and purpose. He talks to the importance of being vulnerable, of asking for support and of focusing on your physical and mental health. He strikes deep empathy in making sure people learn from his experiences, and I have no doubt he will leave a legacy of awareness, care and optimism amongst our team.”

TOBY DEWAR, DIRECTOR AT FOXTEL MEDIA

COSTS

Corporate

\$3,500 + GST (*excludes travel expenses*)

Discounted Rate

\$1,750 + GST (*excludes travel expenses*)

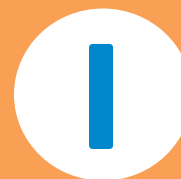
These costs go directly towards supporting 25 STAY ALIVE



ACT ON SYMPTOMS



LOOK AFTER YOURSELF



**INITIATE
CONVERSATIONS**



VISIT YOUR GP



**EXPRESS YOUR
EMOTIONS**



STAYALIVE

25stayalive.com  

TO FIND OUT MORE OR BOOK A PRESENTATION

E: hugotoovey@gmail.com

M: 0430 107 552