



THE BENCH PRESS



www.HealthClubatSouthpointe.com September 2026

HEALTH CLUB MEMBER ILLUSTRATES A CHILDREN'S BOOK!



Francis Cleetus can be seen around the Health Club in a Yoga or Zumba class, or using our fitness equipment. But, did you know, he is a talented artist (look him up on Wikipedia!)? Just in time for our **Socktober Fundraiser** this October, Francis illustrated a very creative book, **The Sock Sleuth!**

Please Support Francis and the Book Writer Christine Caragein at a scheduled booksigning here at the Health Club. A great, free opportunity for all kids on **Saturday, October 17th at 10:00 AM!**

Saturday Oct 17th 10:00 AM

Bring the Kids for:

1. An interactive reading session by the Author, Christine Caragein
2. A Mini-Drawing workshop led by Francis on how to draw Cole Sloth
3. Author Book Signings by Francis and Christine on a book purchased at the Health Club, or go to **www.thesocksleuth.com** to prepurchase and familiarize your child with the story!
4. Bring warm socks to donate to Socktober and **Neighbor 2 Neighbor!**
5. No Children or Grandchildren? Meet and greet and get a book signed for a friend or loved one!

Coming Up in October!

Halloween, Oktoberfest, and Breast Cancer Awareness Day are just a few of the reasons why October is such a popular month. With all these events, it's easy to forget that some people in our community need help the most during colder holiday months. As the winter chill increases, so too does the need to provide warm clothing items to the less fortunate. This October, we will be supporting **Neighbor 2 Neighbor** helping the needy and homeless in our area, with a warm socks, gloves and hat drive! Fun activities planned. (such as the Book Signing above!) Start shopping now to be prepared to help those in need so close to home!

Details will follow. As always, Thank You Members!



SOCKTOBER

OCTOBER 1st - OCTOBER 31st

MAKE A DIFFERENCE THIS FALL WITH SOCKTOBER



Neighbor 2 Neighbor
Working Together to Help Those in Need