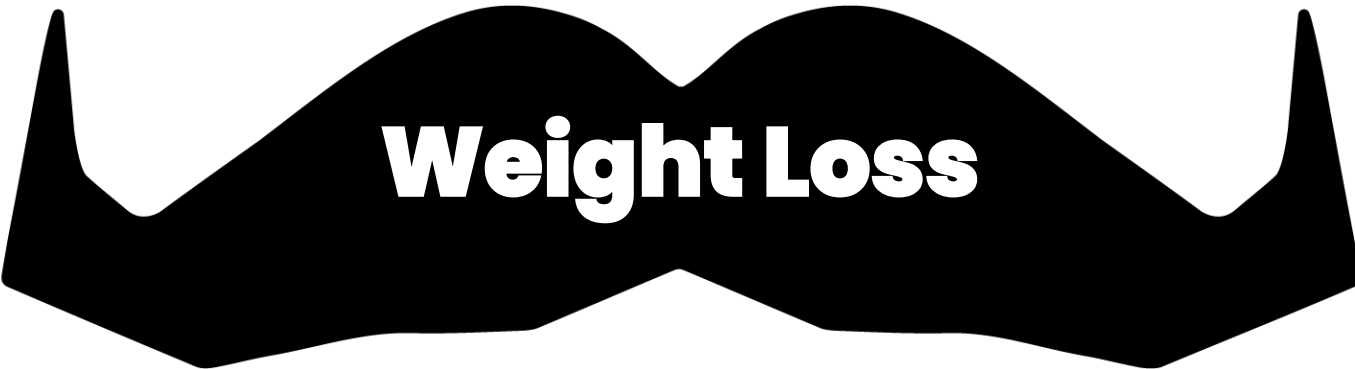




November is Men's Health Awareness Month

Join Us for Our Signature Men's Club Breakfast

Followed by a Presentation on



Weight Loss

November 9th at 10:00AM

Cost: Free to the Entire Community
(Suggested Donation: \$5 per person)

Please help us defray the cost of the breakfast

Register at

<https://shirshalomrockland.shulcloud.com/event/Movember2025>

or

**Contact Jeff or Mitch at
mensclub@shirshalomrockland.org for more infor-**

LIFE IS NUTS

It's time we took action on:
Testicular Cancer
Prostate Cancer
Mental Health & Suicide Prevention



MOVEMBER CAMPAIGN

Unfortunately we will not be able to accommodate those who do not register