



Robert Carl Posey

February 28, 1963 - February 28, 2022

Robert Posey (Handsome Bob) passed on February 28, 2022 at the age of 59 at Lake Norman Regional Medical Center surrounded by family and friends. Robert died on his birthday and would have considered this a favor to his wife as she could celebrate and mourn all in one day. He was born on February 28, 1963 in St. Louis, Missouri, to Robert Anthony and Karla Posey who preceded him in death and have been waiting on him to discuss some of his early life decisions.

He is survived by his wife Dale whom he lovingly referred to as Mama Bear, his daughter Cynara Johnston, granddaughters Jade and Ezzie, sisters Trish (Speedy), Linda, brother Thomas (Jennifer), niece Dana and nephew Ian. All of whom still claim him as family and referred to him as Big Bear, Dad, Opa, Brother, Uncle and other descriptive references from time to time.

Robert was a local business owner (Fitness on Demand) and personal trainer. He was loved by many in the community and not so loved by many others. The latter part of this life was spent helping people accomplish their goals and reminding them of when they had too much cake or wine. He was the guy who always knew a guy when you needed something, helped make connections among friends and was always willing to lend a hand.

His chaotic early years will be remembered as the bad choices that made good stories and memories. His latter years will be remembered as time well spent with family and friends out on the boat, dining at local restaurants and bringing friends together. Everyday was lived to the fullest and as Frank

Sinatra said it best, "He lived life his own way".

A Celebration of Life will be held on Wednesday, March 9, at 3 PM, in the Heritage House at Cavin-Cook Funeral Home, Mooresville, with Eddie Karriker officiating. The family will receive friends from 2 - 3 pm prior to the service at the Heritage House.

For those who are unable to attend the service, you may go to the following link for the live stream <https://view.oneroomstreaming.com/authorise.php?k=1646708412171217>

In lieu of flowers, memorials may be made to friendsofthesmokies.org. Cavin-Cook Funeral Home, Mooresville, is serving the family of Mr. Posey. Condolences may be made to the family at www.cavin-cook.com.

Cemetery Details

Cavin-Cook FH & Crematory

494 E. Plaza Drive
Mooresville, NC 28115

Previous Events

Receiving Friends

MAR 9. 2:00 PM - 3:00 PM (ET)

Heritage House at Cavin-Cook Funeral Home & Crematory
494 East Plaza Drive
Hwy 150
Mooresville, NC 28115

Memorial Service

MAR 9. 3:00 PM - 4:00 PM (ET)

Heritage House at Cavin-Cook Funeral Home & Crematory
494 East Plaza Drive
Hwy 150
Mooresville, NC 28115

Tribute Wall



“ *Cavin-Cook Funeral Home & Crematory created a Webcast in memory of Robert Carl Posey*



Cavin-Cook Funeral Home & Crematory - March 07, 2022 at 05:00 PM

SM

“ *Wow. He was so young. I was his girlfriend off and on from 1996 to 2003. I loved him but he put me through a lot. In the end, he actually told me that I was never "an option" to be his wife because I was poor. Yet he had no problem having sex with me year after year after year.*

People in AA noticed how badly he treated me and for some reason I either was numb to it or I forgave him way too much over and over again.

I ended up relapsing over him in 1999-2001. But thank God I sobered up again and have been sober 24 years now.

At one point he attempted to make amends to me, but it was shallow and meant nothing. Too much damage had been done.

RIP. Robert. Hope you are happy and in heaven?

Susan McElroy - August 19, 2025 at 10:41 PM

SH

“ Solange Hering lit a candle in memory of Robert Carl Posey



Solange Hering - March 09, 2022 at 03:32 PM

SH

Rob was a good friend . We met more than 15 years ago, He was always cheering me up and having a good chat . I even got a job thanks to him. I will miss you friend.

Solange Hering - March 09, 2022 at 03:38 PM



“ Medium Dish Garden was purchased for the family of Robert Carl Posey.



March 09, 2022 at 12:00 PM



“ Country Basket Blooms was purchased for the family of Robert Carl Posey.



March 08, 2022 at 04:48 PM

LC

“ I met Robert about 3.5 years ago when I signed up for personal training at Fitness on Demand. We quickly became friends. I loved working out with him and chatting about life. He pushed me and encouraged me to meet my fitness goals. I will forever be grateful to him for that. He will be greatly missed. Going to the gym will never be same. Rest In Peace Robert. Prayers for your Dale.

Laura Cochrane - March 05, 2022 at 01:00 PM

JN

“ Judy Nelson lit a candle in memory of Robert Carl Posey



Judy Nelson - March 04, 2022 at 08:34 PM

SW

“ I'm so sorry to hear of Robert's passing. We became friends in high school. We lost touch with each other for a long time but got back in touch on facebook. It was really nice hearing from him after so long! He had a wonderful smile and was always kind. I will always remember him❤️ Praying for his family!!

Susan Doub Williams - March 04, 2022 at 06:27 PM

CN

“ I met Mr. Robert last August, when I walked into his gym to invite his members to a free self defense workshop. He started coming to class shortly after that. He was a joy to have in class. He brought a different and broader perspective on life. He will be greatly missed.

Crystal Nettles - March 04, 2022 at 04:01 PM



“ *Florist Choice Bouquet was purchased for the family of Robert Carl Posey.*



March 04, 2022 at 11:55 AM



“ *Simply Elegant Spathiphyllum was purchased for the family of Robert Carl Posey.*



March 02, 2022 at 08:31 AM