

Spring Family Fest and Annual 5K Color Fun Run Set for March 25



Family-friendly event to include food trucks, live music, the Easter Bunny and more

CAPE CORAL, Fla. (Feb. 23, 2023) – Among the many events Mercola Market of Cape Coral plans to host this season, it's bringing the community together again on Saturday, March 25, from 9 a.m. to 2 p.m., with the new Spring Family Fest and a local favorite – the Third Annual 5K Color Fun Run, from 8:30 to 10 a.m.

“This new seasonal event celebrates family and fun while the weather is still enjoyable and kids are out of school for Spring Break,” says Patrick Rossi, Campus Operations Manager at Mercola Market. “Even the kids can participate in our Color Fun Run, which a big hit every year.”

The non-timed run will begin at 8:30 a.m. at Mercola Market, located at 125 SW 3rd Place, and go through the local area where runners pass different color stations at participating businesses, including Cape Coral Animal Shelter, Cape Coral Skate Park, CrossFit ENG, Crunch Fitness, Mid-Cape Global Academy, Sam's Club and Sun Splash Family Waterpark. Participants should arrive between 7:45 and 8 a.m.

Registration is \$30 for adults and \$15 for kids, 6 to 14 years old. For more information and to register, visit runsignup.com/Race/FL/CapeCoral/MidCapeSpringColorRun.

The Spring Family Fest will continue with local arts and crafts vendors, food trucks, live music, face painting, bounce houses, a scavenger hunt, carnival games and a visit from the Easter Bunny. For more information, visit mercolamarketcc.com, or call 239-599-9400.

The Mercola Market of Cape Coral is a natural health retail store and café located in the center of the city at 125 SW 3rd Place. It exclusively offers Dr. Mercola® supplements and other premium products for your health, home, pantry and pet. Its café offers one-of-a-kind biodynamic beverages, fit for the morning and the evening, and healthy food options for each meal of the day. The main campus serves as a hub for the community, hosting family-friendly events throughout the year, including yoga, trivia, food truck gatherings and comedy nights, while offering a 4,000-square-foot event space for local businesses and organizations to rent. The Mercola Market & Café is open Monday through Thursday from 7 a.m. to 6 p.m., Friday and Saturday from 9 a.m. to 6 p.m., and Sunday from 10 a.m. to 2 p.m. For more information or a complete list of upcoming events and updates, visit mercolamarketcc.com.