

Thousands Come to Mid-Cape Spring Family Fest



Nearly 200 participate in the annual 5K Color Fun Run

CAPE CORAL, Fla. (March 28, 2023) – More than 2,000 Southwest Florida residents came out to Mercola Market of Cape Coral on Saturday, March 25 to celebrate the season at the first-ever Spring Family Fest. From bounce houses and live music to carnival games and the Easter Bunny, this outdoor event had fun for the whole family, including the Third Annual 5K Color Fun Run.

The non-timed run kicked off the seasonal event with 185 participating runners of all ages passing different color stations throughout the area, including Cape Coral Animal Shelter, Cape Coral Skate Park, CrossFit ENG, Crunch Fitness, Mid-Cape Global Academy and Sam's Club.



The community hub will continue its lineup of events this season with Women's Self Defense Training next Saturday, April 1 from 9 to 11 a.m., Lattes & Law Enforcement on Tuesday, April 4 from 9 to 11 a.m. and Paint & Sip on Wednesday, April 12 from 6 to 8 p.m. For more information about these events and other recurring ones, visit mercolamarketcc.com.

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.