

Mercola Donates Over 70 Toys and Gifts to Local Families in Need



CAPE CORAL, Fla. (Dec. 15, 2021) – In the spirit of giving, Mercola adopted a family, supported by the [Children's Advocacy Center of Southwest Florida](#), and collected over 70 new, unwrapped gifts for local families, making their holiday season a little brighter.

Founded in 1981, the mission of the Children's Advocacy Center of Southwest Florida (CAC) is to provide a coordinated response to child victims of abuse and neglect, and improve the lives of at-risk children and their families through prevention services. The CAC assesses and treats children believed to have been physically or sexually abused or at-risk of such abuse and provides a safe place for them to come and be heard. The organization offers abuse determination services, therapeutic counseling, parenting education, and prevention programs in Lee, Hendry, Glades and Charlotte Counties.

"This can be a difficult time of year for families who are struggling, but every child deserves to experience the magic of the season, and every parent deserves to see the joy in their children's eyes," says Jessica Varnes, Director of Marketing for Mercola. "We're always looking for a way to support our community, and this felt like the perfect way for us to come together and give back to our neighbors in need."

The company initially received the wish lists for a family of three, and in less than three weeks, Mercola employees brought in over 70 items, including toys, clothes, shoes, personal care items and a few gift cards for mom – filling two 40 gallon bins with items overflowing. The CAC will be ensuring the family Mercola adopted has a memorable holiday with plenty of gifts under the tree while sharing some gifts to other families that could use the extra support and cheer this year.

For more information about the CAC and the various ways you can provide support, please visit cac-swfl.org, or call 239-939-2808.

Mercola.com is a natural health website dedicated to helping nearly ten million monthly readers improve their health with research-proven nutritional, lifestyle and exercise principles. Using a holistic approach for optimal health and wellness, Dr. Mercola has been a trusted source of natural health information for more than 20 years. Together with his team, they deliver the highest quality supplements, biodynamic and organic foods, and personal care products for your health, home, pantry and pet through the online store Mercola Market. To browse more than 1,000 premium products that help Take Control of Your Health®, visit mercolamarket.com. For the most up-to-date health news and information, visit mercola.com and subscribe to the daily newsletter.